

# Collingwood Football Club

## JOB DESCRIPTION



**Position Title/Department:** AFLW Strength & Conditioning Coach

**Reporting Manager:** High Performance Manager – AFLW Women's

**Direct Reports:** N/A

### Position Objective

Supporting the design and implementation of the AFLW Women's physical preparation programs to best support athletes for the demands of AFLW football. The position will use cutting edge technologies and latest research trends to provide individualised programs tailored towards continued athletic improvements and injury prevention.

### Responsibilities

- Develop, deliver, and monitor speed, agility and quickness (SAQ) programs for the AFL squad with group-based, and individualised interventions
- Lead pre-training preparation programs and on-field warm ups within the periodisation framework set out by the High Performance Manager
- Deliver and utilise appropriate assessment tools (eg Speed Signature, VALD) to individualise SAQ programs
- Design, deliver, and monitor gym-based strength, power and movement programs for all AFLW athletes aligned to the SAQ framework
- Design, implement, and analyse whole squad strength science monitoring to inform athletic profiling, gym programming, and progressions (short and long term adaptations)
- Demonstrated understanding and utilisation of performance tracking information (eg VALD, Teambuildr, Gymaware) to enhance strength and power development
- Accurate and timely upkeep gym-based data through demonstrate knowledge of S+C software platforms (Teambuildr, Bridge Athletic, Teamwoks S&C etc)
- Schedule and lead monthly athletic development meetings for S+C team to discuss athletic development progressions and individual targets
- Provide gym maintenance and upkeep of gym with facilities team

### Experience and Qualifications

- Tertiary qualification in Exercise & Sports Science, Human Movement or equivalent
- A masters, PhD or Honours qualification is desirable
- ASCA Professional Level 2 Coach Accreditation or higher (essential)
- ESSA accreditation preferred
- A minimum of three years' experience in a similar role in a professional sporting environment
- Proven track record of facilitating athlete improvements + injury prevention in high performance environments.

## Values & Behaviours

Is aware and will continue to strive and behave according to Collingwood Football Club's values:

***Do Better, Side by Side, A Nest For All and Fly Higher.***

**Do Better** – I commit to take deliberate actions to address racism when I see it. At Collingwood, we acknowledge the rights of the First Peoples of Australia, and that racism has no place in society.

**Side By Side** – I commit my best to a high performing team. At Collingwood we celebrate the wins and stick together through times of adversity.

**A Nest for All** – I champion and respect, diversity and inclusion to make others feel part of the Black and White. At Collingwood, we look out for each other, and those in need, as part of our commitment to provide a safe and welcoming Club for all.

**Fly Higher** - I make the most of my opportunities to drive excellence for myself and the team. At Collingwood we strive for success.

## Child Safety Standards

The Collingwood FC has a commitment to ensure we provide professional, safe and enjoyable environments to children and young people who participate in our game.

The executive and management of our organisation are responsible for undertaking recruitment and ensuring that our processes and systems are robust and thorough, as well as being communicated and understood internally. Our recruitment process includes meeting and engaging with a variety of key people from across the organisation as well as completing thorough verification checks.

As part of our comprehensive recruitment process, we ensure that all safety and legislative checks such as working with children checks, criminal background checks, employment and personal reference checks are completed to ensure anyone working for the AFL is fit for the role they are employed in, prior to commencing employment.

The Collingwood FC takes the safety of children and young people very seriously and reviews all process and procedures in line with current state and federal legislation.