



Job Title:	Senior Strength and Conditioning Coach	Job Number:	1681
Division:	AIS	Location:	Canberra
Branch:	AIS Operations	Grade:	6
Section:	Performance Services		
Reports to:	Strength & Conditioning Lead		
Date of Effect:	September 2019		

Environment	<p>The AIS is responsible for leading and enabling a united high performance system that supports Australian athletes to achieve podium success.</p> <p>The AIS Operations Branch provides the organisational platform to enable the AIS to deliver targeted, unique, world class programs from the Canberra and ETC campuses, to implement impactful and competitive advantage services to the HP system.</p> <p>The branch also supports the AIS CEO, managing the AIS business functions, and works collaboratively with Site Services in relation to ASC site management.</p>
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Primary Job Purpose	<p>This position will deliver high-level strength and conditioning support in a multi-disciplinary team environment to designated camps and associated campus. The role will also provide support to identified priority projects as part of a multi-disciplinary team across the AIS.</p>
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Job Responsibilities	<ol style="list-style-type: none">In consultation with the Strength & Conditioning Lead, drive and implement the organisational strategic agenda to achieve section and business outcomes. This includes:<ul style="list-style-type: none">Plan, design and deliver the strength and conditioning camp servicing function including the Athlete Rehabilitation Centre in partnership and collaboration with other section personnelPlan, coordinate and implement delivery of strength and conditioning support within priority projects across the AISWork collaboratively in the planning, implementation and delivery of AIS camp servicing and campus activities from a strength and conditioning support requirement.Develop and deliver education strategies, tools and resources for athletes, coaches and service providers on strength and conditioning appropriate to the high performance and the needs of developing and elite-level athletes.Contribute to AIS Operations through the design of practices and frameworks that support the enhancement of the teams' capability to deliver on the AIS Strategic Plan.Foster a culture of outcome driven, quality service delivery and support across branches of the AISContribute to identified and prioritised relevant AIS research activities.Assist in the development and implementation of frameworks, policies, guidelines and other resources that deliver business outcomes for the ASC.
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	<p>3. Actively promote and role model the ASC values of Excellence, Integrity, Respect and Teamwork, and contribute to positive organisational change, effective communication, and continuous improvement at the ASC.</p> <p>4. Work collaboratively as part of a high performing team/organisation, establishing and maintaining effective partnerships with key internal and/or external stakeholders to deliver high quality business outcomes.</p>
People Management	No direct reports, however provide coaching and mentoring to other staff as required.
Budget Management	No direct responsibility, however collaborate in the development of Section/Program budgets with the Strength & Conditioning Lead and Performance Services Manager.

JOB HOLDER CAPABILITIES

Qualifications and Experience	<ul style="list-style-type: none"> • Tertiary qualifications in human movement, science and/or related sports performance field. Post Graduate Master's preferred • Australian Strength & Conditioning Professional Coaching Accreditation Scheme (PCAS) at Professional level or above. PCAS Elite preferred • Demonstrated experience of greater than 4 years providing strength and conditioning planning, programming and coaching to achieve high performance outcomes for both individual and/or team sports. • Demonstrated success in working within a multi-disciplinary team • Demonstrated ability to provide professional leadership and undertake a lead role to produce outcomes through collaborative partnerships and positive workplace and broader sport relationships. • Demonstrated experience in testing, data collection and interpretation of results to inform coaching practice
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Key Behaviours

- **Planning & Organising:** Sets clearly defined objectives; Plans activities and projects well in advance and takes account of possible changing circumstances; Manages time effectively; Identifies and organises resources needed to accomplish tasks; Monitors performance against deadlines and milestones.
- **Relating & Networking:** Establishes good relationships with customers and staff; Builds wide and effective networks of contacts inside and outside the organisation; Relates well to people at all levels; Manages conflict; Uses humour appropriately to enhance relationships with others.
- **Presenting & Communicating Information:** Speaks clearly and fluently; Expresses opinions, information and key points of an argument clearly; Makes presentations and undertakes public speaking with skill and confidence; Responds quickly to the needs of an audience and to their reactions and feedback; Projects credibility.
- **Writing & Reporting:** Writes clearly, succinctly and correctly; Writes convincingly in an engaging and expressive manner; Avoids the unnecessary use of jargon or complicated language; Writes in a well-structured and logical way; Structures information to meet the needs and understanding of the intended audience.
- **Working with People:** Demonstrates an interest in and understanding of others; Adapts to the team and builds team spirit; Recognises and rewards the contribution of others; Listens, consults others and communicates proactively; Supports and cares for others; Develops and openly communicates self-insight.
- **Learning & Researching:** Rapidly learns new tasks and quickly commits information to memory; Gathers comprehensive information to support decision making; Demonstrates a rapid understanding of newly presented information; Encourages an organisational learning approach (i.e. learns from successes and failures and seeks staff and customer feedback); Manages knowledge (collects, catalogues, and disseminates knowledge of use to the organisation).

Note:

- This position requires a clearance/s to work with children which is an essential component of this role and therefore to continuing employment.
- This position is required to travel domestically and/or internationally.
- This position requires require weekend work and outside ordinary work hours.