

# Collingwood Football Club

## Job Description



<b>Position Title</b>	AFLW Head of High Performance (AFLW)
<b>Reporting Manager</b>	AFLW Head of Women's Football

### Position Objective

Supervise, facilitate, design, and deliver comprehensive elite performance programs and structures for the Collingwood Football Club AFL Women's squad. Integration of evidence-based strength and conditioning, sports science, nutrition, recovery, and rehabilitation practices. Program, monitor, and deliver athletic strength and conditioning and rehab sessions to all AFLW players preparing them for the demands of the game.

### Responsibilities

#### Primary role:

##### Program Management

- Develop a strong culture and philosophy of all aspects of the physical preparation program – Field-based training, gym-based training, sports science and monitoring, rehabilitation for return to performance, nutrition support (in conjunction with Performance Dietician)
- Management and planning of all aspects of scheduling for the AFLW team with support from Head Coach and Head of Women's Football – Training sessions/meeting times, weight training and physical preparation sessions, rehabilitation training times, pre-season and in-season requirements, recovery scheduling
- Provision of reporting procedures designed to inform staff and players on appropriate progressions in the physical performance program – GPS, training loads, wellness, physical capacity testing, rehabilitation management

##### Program Delivery

- Prescribe and deliver whole team and individual field-based training sessions based on evidence-based load and intensity parameters, aimed and handling the most intense parts of the game
- Provide and deliver individualised gym-based training sessions targeting movement, and developing athletic qualities
- Provide and deliver mid- to end-stage rehabilitation programs aimed at returning players to peak athletic performance
- Provision and organisation of on-field, and off-field sports science and monitoring framework

## Secondary role (outside of AFLW season requirements):

### AFLM Program

- Assist high performance manager in strength and conditioning and sports science needs within the AFL program

## Skills & Knowledge

- Formal qualifications in area of Sport Science (Postgraduate or Master's highly desirable)
- Sound understanding of current elite practices and technologies in the area of Sport Science
- Demonstrated background in development and implementation of strength and conditioning programs at the elite sporting level
- An understanding of how Elite Sporting Clubs operate and their governing bodies
- Ability to analyse, create, develop, and optimise Strength Programs
- Ability to lead staff and provide direction as the Strength & Conditioning SME
- Strong Written and verbal communication

## 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, 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