



Student Work Placement Opportunities: (May lead to remuneration)

Fitness & Conditioning Staff Required for Season 2014 - commencing Nov 2013 (Positions Available)

INTRODUCTION:

Our goal is To prepare players professionally enabling them to perform at their optimum level by **monitoring & guiding** all aspects of a player's (fitness) preparation so they are able to improve and maximise their performance via the coordination and implementation of strength and conditioning (weights) and fitness / running programs as required. The role also incorporates supervising the injury management and rehabilitation training programs.

KEY RELATIONSHIPS:

REPORT TO:

Fitness Manager, Strength & Conditioning Manager, Head Trainer, Head Coach and Region Talent Manager

OTHER KEY RELATIONSHIPS:

Football Department, Medical Department, Team Manager, Property Stewards

ROLE:

1. PRE SEASON

- The major objective and goal of the Fitness & Conditioning Staff is to assist the Head of Fitness prepare a fitness program to cover a pre season and adequately prepare the player's for the upcoming season by establishing and maintaining a solid fitness base. This requires substantial planning and conversing with the Head Coach and Football Department so as to ascertain that the correct physical competencies are being trained combined with squad and individual progress and program achievability. Management of the fitness program is also vitally important ensuring all parts of the program functions professionally and limiting injuries resulting from incorrect technique.

2. TAC CUP SEASON

- Assist at training as per Head of Fitness instruction
- Assist to organise and take the team for warm up and cool down
- Liaise with the Medical Department regarding any player injuries and implement an injury & rehab program
- On Match day do a team warm up, then lead the player's on the ground with running warm up exercises, at half-time again warm-up the team and at the completion of the match do a team cool down
- Take responsibility for a professionally organised rehabilitation program to be conducted either directly after matches
- Work with Development programs (Under 15-17) regarding any player injuries and implement an injury & rehab program

KEY COMPETENCIES:

- **Fitness Expertise** – Intricate biomechanics and energy systems knowledge and ability to prepare a professional fitness program for a large young elite squad. Latest innovations in warm-up, stretching, core exercises and cool downs.
- **Football Knowledge** – Must have knowledge of football and specifically the physical and athletic requirements of performing modern football skills at the elite junior level.
- **Communications** – Ability to liaise and relate well with a variety of people and be confident in instructing and managing large groups and individuals.

APPLICATION PROCESS:

- Please email expression of interest and resume with referees by **Friday 25th October** to:
Attention: Mark Wheeler
Dandenong Southern Stingrays Talent Manager (Email: Mark.Wheeler@aflvic.com.au)