Assistant Strength and Conditioning Coach: Ballarat Miners and Rush
2 POSITIONS AVAILABLE

Position Summary:
Assist in the development and implementation of the physical preparation program for the senior Ballarat Rush (Women's) and Ballarat Miners (Men's) teams competing the Senior Elite League.

Outline of Student's Major Program/Project/Event:
I: Assist with the design and delivery of the physical preparation program.
II: Communicate with the Head Strength and Conditioning Coach, Head Coaches and Physiotherapist on matters related to the physical preparation of the athletes.
III: Assist with the development and delivery of coach and athlete educational programs.
IV: Assist with the administration of fitness testing for all senior athletes in the program.

Position Duties & Responsibilities:
(i) Assist with the design and implementation of strength and conditioning sessions for semi-professional men's (Ballarat Miners) and women's (Ballarat Rush) basketball players competing in the NBL1 and WNBL1.
(ii) Assist with the Coordination fitness testing for all senior Miners and Rush players.
(iii) For home games you will assist with the delivery of the pre-game warm-ups and assist the head strength and conditioning coach help players with their individual pre-game physical preparation. You may be asked to travel with the team if needed.
(iv) Effectively communicate with the head strength and conditioning coaches regarding the physical preparation of all senior players in the Miners and Rush programs. Effectively communicate with the physiotherapist regarding return to performance training for all senior players in the Miners and Rush programs.
(v) Assist in the design and delivery of coach and athlete education programs focused on improving the knowledge of physical preparation practices for local junior basketball coaches and players.
(vi) Be a driver of attendance for all strength and conditioning sessions.

Skills/Knowledge:
Persuing an undergraduate degree in exercise and sport science with a strong interest in strength and conditioning coaching or sport science.

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Prerequisites:
Current first aid certificate.

Key Performance Indicators:

- *Physical attendance* – The assistant coach attends training sessions and other learning opportunities that they have been scheduled to attend or assist with.·
- *Actively involved* – The assistant coach is actively involved in their own learning. They engage with players and coaches to begin developing their coaching / instructional skills. They seek feedback from athletes and coaches regarding the quality of their coaching/instruction. They read in the area of strength and conditioning and sport science outside of their academic learning environment and ask question to help further their knowledge in the area. They do their own physical preparation and spend time practicing the technique of common exercises and explore different training exercises and methods to further their own professional development
- *Communication* - The assistant coach communicates with the head strength and conditioning coach if they are unable to attend a session they are scheduled for. The assistant coach works to develop their ability to communicate confidently with athletes in a 1on1 and large group setting.
- *Values* –The assistant coach will uphold the values and standards of the Ballarat Basketball Association both on the court/gym and in the community.

Key Selection Criteria:
(I) Demonstrated commitment to developing strength and conditioning coaching skills.
(II) Knowledge and understanding of fundamental training principles and how they can be applied when working within an athletic population.
(iii) Demonstrated interpersonal skills and an ability to establish a rapport with athletes, coaches and club administration.

Location, dates and hours required:
Radford Athletic Development & Mars Minerdome/Ballarat Sports and Entertainment Centre. Days and times to be confirmed in the near future.

Remuneration:
N/A

APPLICATIONS
Direct questions or apply to Tim Welsh via email @ tim.welsh@radcentre.com.au