

New Zealand Lacrosse
NZL U20 Women's Strength & Conditioning Coach
Expressions of Interest

February 2023

New Zealand Lacrosse is currently seeking applications for the NZL U20 Women's Strength & Conditioning Coach as part of the NZL High Performance Programme.

The NZL U20 Women's Lacrosse team is about to commence a training campaign in preparation for the World Lacrosse U20 Women's Lacrosse World Championships in Hong Kong in 2024.

Please find below information about how to apply for this role, including a Job Description for the position.

Application Requirements

Please submit your application to Damon Jakeman, NZL High Performance Director via email to highperformance@nzlacrosse.nz by **1pm, Friday 3 March 2023** with the subject line U20 S&C Coach Application.

Applications must include:

- 1) Cover letter
- 2) Detailed resume/CV

All applicants must be prepared to take a drug test if required and a Criminal Records Clearance.

Selection Process

A selection Panel will be made up of the NZL High Performance Director, NZL Executive members or Designates and the NZL U20 Women's Head Coach. Multiple interviews may take place.

New Zealand Lacrosse NZL U20 Women's Strength & Conditioning Coach Job Description

February 2023

Reports to NZL U20 Women's Head Coach

Term Until conclusion of World Lacrosse U20 Women's World Championships 2024

Hours Variable based on agreed training schedule and requirements

Location Must be able to attend in person trainings in Auckland and Waikato

Volunteer position

Role Overview

The NZL U20 Women's Strength & Conditioning Coach is responsible for supporting the overall direction, preparation and management of the NZL U20 Women's Lacrosse extended and final team's strength and conditioning programme under the principles of the NZL High Performance Policy.

The NZL U20 Women's Strength & Conditioning Coach is responsible for supporting the NZL U20 Women's Head Coach by preparing a Strength and Conditioning programme and philosophy for the extended training squad and final NZL U20 Women's team for the 2024 u20 World Championships, under the principles of the NZL High Performance Policy and in line with NZL's values.

Role Responsibilities

- Prepare programme philosophies and plan for the duration of the build up and World Cup programme
- Lead athletes through a quality, systematic, structured, progressive and continuous programme that will improve athletes from both a performance and injury resistance perspective.
- Provide expert team, specialist and individual coaching
- Identify improvement areas and strategies for individual and team advancement
- Where applicable, support the delivery of support services such as strength and conditioning activities, injury prevention and injury management
- Maintain regular communication and collaboration with the NZL U20 Women's Head Coach, NZL High Performance Director and other key NZL stakeholders where appropriate.

Core Capabilities and Experience

- In depth experience and demonstrated success coaching at a High Performance level
- Experience and proven capability in the holistic development of young elite athletes
- Experience working with U20 Women's athletes preferred
- Specific knowledge of individual technique development, principles of play and delivery, as well as the ability to promote game sense aspects



- Understanding of strength and conditioning training and the integration of sports science, sports medicine and technological advancements into high performance training programmes
- Capacity to develop players to world level competition
- Excellent communication skills with an ability to relate to a wide range of people
- Innovative, energetic and motivating style
- Exceptional time management and organisational skills
- Able to work collaboratively as part of a Management team
- Demonstrated leadership qualities that drive winning performances and great sportsmanship

Key Requirements

- A valid passport and ability to travel internationally
- No criminal record
- Drug free
- Must be available for the full programme
- New Zealand based