

**New Zealand Lacrosse**  
**NZL Women's U20 Sports Psychologist**  
**Expressions of Interest**

*July 2023*

New Zealand Lacrosse is currently seeking applications for the NZL Women's U20 Sports Psychologist 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 [operationsmanager@nzlacrosse.nz](mailto:operationsmanager@nzlacrosse.nz) by **1pm, Friday 11th August 2023** with the subject line U20 Sports Psychologist 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 Women's U20 Sports Psychologist

### Job Description

*July 2024*

**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.

Option travel with team overseas when required especially to Hong Kong in August 2024

**Volunteer position**

#### **Role Overview**

The NZL Women's U20 Sports Psychologist is responsible for supporting the NZL U20 Women's Head Coach to provide direction and management of the NZL U20 Women's team to the 2024 U20 World Championships, under the principles of the NZL High Performance Policy and in line with NZL's values.

#### **Role Responsibilities**

- Providing athletes with psychological counselling related to their performance.
- Developing mental strategies that enable athletes to cope with and overcome setbacks or injuries.
- Conducting research on an athlete's mental, emotional, and physical attributes in order to effectively coach and improve performance levels.
- Identifying mental strengths and weaknesses that contribute to or affect an athlete's performance.
- Facilitating counselling and/or workshops that focus on goal setting, visualisation, and relaxation.
- Enhancing an athlete's performance through visualisation techniques.
- Advising and treating athletes with mental health conditions.
- Counselling athletes who have endured sports injuries.
- Helping athletes to manage on and off-field pressure and anxiety.
- Applying modern and improvised concepts to enhance physical potential.

#### **Core Capabilities and Experience**

- Bachelor's degree in psychology/kinesiology or related (essential).
- Member of the association for applied sport psychology. (highly advantageous).
- Two years of experience as a sports psychologist.
- Thorough understanding of sports culture and the ability to display sound judgement.
- Ability to communicate and interact closely with athletes, coaching staff, and administrative

- personnel.
- Tailor strategies that assist athletes in overcoming difficulties, improving performance, and preparing for competition.
  - Work with a multidisciplinary team including other psychologists, nutritionists, GPs, coaches, and physiologists.
  - Deliver counselling and/or workshops that focus on goal setting, visualisation, and relaxation.
  - Equip athletes with mental strategies to cope with and overcome setbacks or injuries.
  - Innovative thinker with strong conceptual and problem-solving skills.
  - Superb research and counselling skills.
  - Profound listening and planning skills.
  - Passionate about enhancing the self-efficacy of athletes.
  - Have previous experience working with sporting organisations or teams
  - Have strong administrative and organisational skills
  - Have the ability to assume some Management responsibilities when travelling with the team.

## **Key Requirements**

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