



<b>POSITION TITLE</b>	<b>Physical Performance Manager</b>
<b>AWARD LEVEL</b>	<b>Award Free</b>
<b>REVIEW DATE</b>	7 November 2018

### KEY OBJECTIVES

The Physical Performance Manager will maintain the delivery of industry best practice, safe, efficient and effective athlete body management practices within the Talented Player programs in South Australia.

The role will be responsible and accountable for the delivery of strength and conditioning (S&C), recovery and rehabilitation protocols for every element of SANFL's talent pathway program.

- To better manage the physical development of South Australian players moving between AFL Hubs, SANFL Club Centres of Excellence (CoE)/ SANFL State Academy and SANFL State teams.
- Maintain minimum standards for (S&C) in the SANFL pathway system.
- To ensure SANFL programs are supportive of Long Term Athlete Development (LTAD)
- Meet AFL Academies Athlete Management Benchmarks.

In addition, the Physical Performance is expected to provide leadership and specialist expertise to SANFL staff and team support personnel in the area of Strength, Conditioning, and Recovery & Rehabilitation, and will be responsible for the accurate and timely information management relating to player physical welfare and development.

### KEY RESPONSIBILITIES

<b>Responsibility</b>	<b>Objective</b>	<b>Performance Measure</b>
Physical development and welfare of athletes in State Academy programs	<ul style="list-style-type: none"> <li>▪ Coordinate the S&amp;C, Recovery and Rehab programming for CoE / State Academy and State Team Programs</li> <li>▪ Act as the primary conduit between SANFL CoE programs SANFL State Academy and SANFL State Teams with regard to S&amp;C and rehabilitation. This will serve to represent both SANFL's interests to the Academy and also relay key information to State Team Stakeholders</li> <li>▪ Attend conferences (e.g. National Coach's Conference and ASCA) on behalf of all SANFL S&amp;C coaches, relaying relevant information to staff within each club</li> <li>▪ When required attend Draft Combine and the Draft Screening Day to assist in the management of athletes during these testing – e.g. pre-test preparation / post-test recovery</li> <li>▪ Delivery of industry leading practice derived from evidence based research to all relevant</li> </ul>	<ul style="list-style-type: none"> <li>▪ Player physical development improvements meeting national average benchmarks</li> </ul>

	<b>SANFL programs</b>	
Standardising of S&C across the SANFL CoE, State Academy, State Teams / Mentor SANFL Club S&C Coaches	<ul style="list-style-type: none"> <li>▪ Maintain SANFL best practice programming in consulting with SANFL CoE and State S&amp;C staff to ensure.</li> <li>▪ Seek to work with SANFL CoE S&amp;C staff and assist with their professional development so that the standards continue to rise across all programs.</li> <li>▪ Deliver physical preparation or rehab programming where required for specific players and review for other specialised carnival teams.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Minimise incidence of injury by management of loads whilst players are in the care of the Academy</li> <li>▪ Compare favourably with international elite youth programs at SANFL Academy Conditioning practices and ensure they are world class</li> <li>▪ Visit each of the SANFL U/18 programs to ensure the minimum standards are being met as well as evaluate the S&amp;C programs/coaches and provide constructive feedback.</li> <li>▪ Upskill each of the SANFL U/18 S&amp;C coaches either by club visits and/or by PD sessions conducted by the Physical Performance Manager.</li> </ul>
Medical Services Coordination	<ul style="list-style-type: none"> <li>▪ Coordinate medical services officers and their information for optimum athlete welfare and injury management. Ensuring Head coaches are provided with accurate information and sound recommendations.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Positive stakeholder feedback on relationships developed</li> </ul>
Coordinate and manage the national based athlete monitoring system (Smartabase Management)	<ul style="list-style-type: none"> <li>▪ Develop a monthly / yearly layout of State training commitments, loads and dates to enable SANFL CoE S&amp;C coaches to better plan their training schedules</li> <li>▪ Develop a working relationship with each club S&amp;C coach to open lines of communication in relation to athletes in both State and Academy squads</li> <li>▪ Develop and maintain a network of S&amp;C coaches across SANFL clubs and State Programs</li> <li>▪ Be across the monitoring of state wide weekly number of games played – including State / Club / school</li> <li>▪ Be responsible for the management, development and compliance to the national monitoring database - SMARTABASE or the platform that the AFL uses nationally</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ensure compliance across all State Academy and U18 State League programs to the National Smartabase Monitoring.</li> </ul>
Maintenance and purchase of relevant equipment	<ul style="list-style-type: none"> <li>▪ Identify conditioning, rehabilitation and recovery practices and needs for State Academy programs</li> <li>▪ Continue to source partnerships with Sports Nutrition providers for Academy programs</li> <li>▪ In consultation with the State Talent Manager and SANFL Club S&amp;C coaches,</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ensure all testing equipment is in working order pre and post testing days.</li> </ul>

	<p>develop a list of key equipment needs for each region to better develop all junior players within the program</p> <ul style="list-style-type: none"> <li>▪ Be a conduit between SANFL S&amp;C coaches and the State Talent Manager provide S&amp;C coaches a voice when state budgets are discussed</li> </ul>	
Conduct and analyse fitness testing/combines activities and results	<ul style="list-style-type: none"> <li>▪ Coordinate SANFL State Academy Fitness Testing Days, State Academy u16 - 18 Combines and Pre-draft Combine Testing</li> <li>▪ Coordinate state based fitness testing to be conducted by each SANFL CoE in line with national benchmarks:</li> <li>▪ In consultation with SANFL CoE S&amp;C coaches, decide on a battery of fitness tests and selected dates for these to be conducted within each region</li> <li>▪ Provide feedback to CoE's about the physiological make-up of their squad in comparison to state averages</li> <li>▪ Provide initial and ongoing feedback to the State Talent Manager and selectors on physiological abilities of prospective state players</li> <li>▪ Set up a state database to track fitness test results from U16s through to U18s to monitor individual / region and also state trends</li> </ul>	<ul style="list-style-type: none"> <li>▪ Success of Testing sessions, including Reliability and Validity of Testing results. Logistical success for regions is also paramount</li> </ul>
High Performance Technology	<ul style="list-style-type: none"> <li>▪ Control, manage and continually develop GPS Benchmarking and Feedback</li> <li>▪ Provide regions with access to GPS units for training and matches</li> <li>▪ Up-skill State Academy Coaches, CoE and State S&amp;C coaches in the use of GPS technology</li> <li>▪ Develop a State Academy GPS database for both training sessions and matches:</li> <li>▪ Provide positional and player comparison across the state</li> <li>▪ Provide individual player feedback / learning</li> <li>▪ Provide further information to the State Talent Manager and State Coaches</li> </ul>	<ul style="list-style-type: none"> <li>▪ Deliver high level GPS based feedback to Players, Coaches and Talent Managers by providing analysis of GPS information to enhance recruiting decisions and provide digestible information for coaches and athletes in Academy programs</li> <li>▪ All U/18 GPS raw data collected in SA to be forwarded on to the AFL Academies High Performance Manager in a timely manner.</li> </ul>

### REQUIRED BACKGROUND

#### **Qualifications**

- Tertiary Qualifications in Sport Science Exercise or Similar
- Minimum Accredited ASCA Level 2 S&C Coach
- Drivers Licence
- DHS Working with Children Clearance
- Catholic Police Check
- First Aid Certificate

### **Essential Criteria**

- Minimum 3 years practical experience in High Performance / Elite Athlete Environment
- Team Management Experience / Mentorship
- Experience in a similar role

### **Desirable Criteria**

- Post Graduate Qualification in Exercise Science
- Australian Rules Football Industry Experience
- ASCA Pro Scheme Level - Professional Coach

### **Skills and Knowledge**

- Possess the qualifications to develop, deliver and review strength and conditioning pre and in seasons programs in an Australian Football environment at the highest level
- Understanding of the strength and conditioning requirements of Australian Football players at the highest level
- Proven commitment to research and analysis
- Ability to effectively and efficiently manage people
- Ability to build relationships with a varying range of people
- Broad network of people within the AFL football system (specifically in strength and conditioning areas)
- Very strong working knowledge of Microsoft Office programs as well as Catapult GPS Software