

Marcellin Old Collegians Football Club

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Strength & Conditioning Head Coach Wanted

The Marcellin Old Collegians Football Club is seeking a Strength & Conditioning Head Coach for the 2022 season, with the role commencing in November 2021.

Responsibilities

- Developing and implementing aerobic, speed and strength programs specific to the requirements of Australian Rules Football This will be required for both trainings and throughout the -pre-season.
- Designing and administering injury prevention and rehabilitation programs.
- Assisting players with performance mindset, game and training preparation, nutrition and recovery.
- Undertaking warm ups and cool downs (on both game days and trainings),
- Tracking both game time, GPS monitoring and rotations (game days).
- Communicating, and building strong relationships with, players, coaching staff and training staff.
- Ability to provide performance insight to the coaching staff and training staff.

Further Information

- Candidate will need to be available for both training nights (Monday and Wednesday until March 2022, Tuesday and Thursday from then on) as well as the game day (Saturday).
- Candidate will receive a subscription to Strength Coach Network, an online networking platform that allows you to connect with other Strength & Conditioning coaches across the world as well as provide you with vital resources to help develop your learning (<https://strengthcoachnetwork.com/>).
- Salary will depend on candidates qualified experience.

**All candidates will be required to send their CV to
secretary@marcellinocfc.com.au.**