



— WILLIAMSTOWN —
SEAGULLS
EST. 1864

Williamstown Football Club

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VFLW High Performance Assistant - Strength

Season 2022

Job Overview

The position of VFLW High Performance Assistant – Strength will be expected to assist the High Performance Manager in the development and delivery strength and condition programs with specific focus on strength based programs.

Key Responsibilities

- Assist the High Performance Manager in educating Williamstown VFLW players on the fundamental movements and fitness bases skills
- Coach players on proper movement techniques, this will include introducing new players to correct techniques and correcting flawed techniques in experienced players
- Educating players on proper gym techniques & behaviours
- Assist the High Performance Manager in preparing and implementing the weekly training plan (with specific focus on the strength aspects of the program)
- Ensure players can achieve the best outcomes from the strength and conditioning programs implemented
- Provide individual player programs tailored to specific player needs
- Monitor and manage player compliance to strength programming on a weekly basis

Leadership & Culture

As the VFLW High Performance Assistant - Strength you will also be expected to;

- Drive a strong and disciplined culture with players which reflects the Williamstown core values
- Provide support to the coaches, players and staff that encourages a supportive team environment
- Help to drive elite behaviours in the coaches and players
- Positive working relationship with all players, coaches and staff

Key Selection Criteria

- Current Working with Children Check – **Mandatory**
- Bachelor of Human Movement or Bachelor of Sport Science (or equivalent) – **Mandatory**
- ASCA Level 1 - **Mandatory**
- Demonstrated experience in coaching athletes in strength and conditioning programs.
- Demonstrated leadership skills and the ability to work in a team environment
- Experience in developing and implementing fitness programs

Key Relationships

- Report to High Performance Manager
- Work closely with other members of the High Performance team

- Close working relationship with VFLW medical team
- Work closely with Positive working relationship with players and staff

Time Commitment

- 2 x Training Sessions per week (during both preseason and VFLW season)
- Match Day as required

Remuneration

- Remuneration to be discussed upon successful application
- WFC to explore all professional development opportunities that may exist for you to spend time at an AFL club during the 2022 season

The support staff member acknowledges and agrees that the Club has entered into this Contract in good faith and to where possible preserve the best interests of its contractors. Notwithstanding this, the Club reserves the right to alter your payment under this Contract should the COVID-19 pandemic significantly impact the 2022 season, including by impacting the ability of the Club to generate revenue