



## Sydney Swans Senior Strength Coach

### WHY CHOOSE THE SWANS?

- Admired Australian sporting team
- Inclusive work environment
- Fun and fast paced

Our club was born almost 150 years ago from hard work, grit and a relentless drive for success. We are rich in history and ambitious about the future. Together we share the journey and celebrate the wins. We are proud to be one of the leading football clubs, both on and off the field, in Australia.

When choosing a career with the Sydney Swans, you will join a team that stands up in the big moments. A team that is respectful, disciplined, and courageous. And one that has conviction. You will be part of something bigger.

We are committed to creating a supportive environment in which people feel connected to our football club and to each other. Therefore, we encourage applications from candidates of all backgrounds.

### THE OPPORTUNITY

The Sydney Swans are accepting applications from suitably qualified individuals for the Senior Strength Coach role to design and implement the Sydney Swans AFL strength program.

Key responsibilities include:

- Development and implementation of the Sydney Swans strength program.
- Design and maintenance of a best practice strength and power program for requirements of AFL football, optimizing individual strength, speed, agility and power attributes of athletes.
- Monitor, analyse and report on key strength, power, speed and agility measures, including maintenance of player strength and power capability database.
- Preparation, planning and coordination of tackling sessions and tackling components within training sessions.
- Assist in the planning, design and implementation of player rehabilitation programs to rebuild strength, power, speed and agility components after injury and maximise player availability.
- Supporting the Head of Athletic Performance in the physical preparation of players for the AFL season.
- Strategic oversight and management of strength and resistance training programs for the future Sydney Swans AFLW, VFL and Academy programs.

### WHAT WE'RE LOOKING FOR

- Undergraduate tertiary qualification in exercise science, physical education or equivalent.
- Post graduate tertiary qualification in exercise science or equivalent (highly desirable).
- ASCA (Level 2) and/or ESSA Accreditation (preferred).
- At least 5 years' experience working with elite professional athletes.
- At least 5 years' experience as Strength and/or Conditioning Coach.
- Experience working with international athletes in a range of sports (highly desirable but not essential).

## SYDNEY SWANS LIMITED

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- Excellent communication and presentation skills.
- Data analysis and visualization capability.
- Advanced understanding of resistance training programming and methodology.
- Demonstrated ability to develop and implement strength and resistance programs in a professional team sport.
- Understanding of medical, nutrition, rehabilitation, sports psychology and skill acquisition fundamentals.

Due to the nature of the industry, the ideal candidate must be flexible in their availability as extended hours and weekend work will be required for this role.

## TO APPLY

To be considered for this role please submit a one-page cover letter that addresses:

- Why you are the ideal person for the role
- Why you want to join our team

Send the cover letter along with a copy of your CV to [hr@sydneywans.com.au](mailto:hr@sydneywans.com.au)

Applications should be a maximum of four pages, including cover letter, and less than 5MB in size.

## Applications close 20 May 2021

As we expect a high level of interest in the role, only those applicants short listed will be contacted.

The Sydney Swans do not accept applications from recruitment agencies.

Sydney Swans Limited is an equal opportunity employer.

Aboriginal and Torres Strait Islander candidates are encouraged to apply.

Applicants must be legally entitled to work in Australia.

## FURTHER ENQUIRIES

Further enquiries should be directed to Heather Ward (Human Resources) on (02) 9339 9123.

**SYDNEY SWANS  
DIVERSITY  
ACTION  
PLAN**

  
**RECONCILIATION  
ACTION PLAN**  
**STRETCH**

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