

AUSTRALIAN LACROSSE ASSOCIATION
ABN 124 440 124



LACROSSE AUSTRALIA

POSITION DESCRIPTION

Assistant Coach

2024

Australian Women's Box Team

POSITION DESCRIPTION

Functions of the Assistant Coach

The Assistant Coach will:

- Reinforce the vision statement and program philosophies;
- In consultation with the Head Coach, provide input on the direction of the program;
- Be a member of the Selection Panel to provide input;
- Play a coaching role of the Australian Women's Box Team program.

Function of the Team/Squad

The Australian Women's Box Team/Squad will:

- Compete in the 2024 World Lacrosse Women's Box Championship and in other tournaments and competitions as sanctioned by LA;
- Provide opportunities for talented lacrosse athletes to develop their abilities in the context of international competition;
- Provide opportunities for the development of athletes, with above average dedication to their personal athletic preparation;
- Train on a schedule determined by the Head Coach with an emphasis given to both discipline and performance;
- Promote a balance between personal, club and state team obligations.
- Contribute and help guide the development of athletes for the Australian Women's Box Team.

A. PRIMARY JOB PURPOSE

In support of the Head Coach, to provide direction and management of the Australian Women's Box Team and assist the guidance of the Australian Women's Box Team preparation, under the principles of the LA High Performance Program Policy, including intensive, high-quality training, quality services (where possible) and competition opportunities for high performance athletes.

B. JOB RESPONSIBILITIES

Technical

Coaching:

- Undertake the role of Assistant Coach of the Australian Women's Box Team to compete at the 2024 World Lacrosse Women's Box Championship;
- Where possible, contribute to a coaching role of the Australian Women's Box Team;
- Provide expert team, specialist and individual coaching;
- Contribute to the identification for each individual athlete, areas for improvement, strategies and actions for advancement, in consultation with the Head Coach.

Program Development:

- Contribute to the planning and implement a comprehensive and intensive training program including Squad/Team camps;
- Contribute to the planning and coordination of team, specialist and individual training programs on a weekly basis during both preparation and competition;
- Pursue leading edge initiatives including advanced athlete development, training procedures, techniques and methods;
- Contribute to the Australian Women's Box Team program with a balanced focus of winning, as well as promoting and developing good sportsmanship and personal development;
- Liaise with the Head Coach, LA Director of High Performance (Dir of HP), State Coaches, Club Coaches, parents, and other stakeholders regarding athletes.

Support Services:

- Co-ordinate, where applicable, the delivery of support services including strength and conditioning activities;
- Establish an acceptable balance between sporting, personal and educational development for all athletes;
- Integrate sports science and sports medicine knowledge into the program and disseminate this knowledge where applicable to the wider lacrosse community.

Management

Program Administration:

- Maintain ongoing contact with the Head Coach;
- Maintain communication with team staff including other Assistant Coaches, Manager/s and Medical personnel to meet all team requirements;
- Consult with the Head Coach to provide effective solutions to any issues/concerns within the program;
- Participate in Team Staff meetings and forums associated with the LA High Performance Program;
- Provide a written report to LA no later than two months after any tournament or tour in which the Squad/Team has participated;
- Adhere to the LA Team Staff Contract, LA Constitution, LA Policies, World Lacrosse Policies and World Lacrosse World Championship Guidelines;
- Support the development of State Based Squad Coaches/Coordinators;
- Provide assistance to researchers authorised to undertake work on behalf of LA.

Athlete Administration:

- Oversee individual athlete performance including the recording of physical testing.

Selection:

- As part of the Selection Panel, provide input to the Head Coach on the selection of players for the Team.

Team Staff:

- Attend professional development opportunities.

C. ISSUES AND CHALLENGES

- Maintain an emphasis on individual athlete development while preparing as a team to compete at the 2024 World Lacrosse Women's Box Championship;
- Where possible, contribute to the individual development of athletes;
- Balance program management duties/responsibilities with active coaching;
- Maintain enthusiasm and motivation of the athletes following extensive club competition and schedule of National Championship events;
- Manage a diverse range of individual athlete personalities and issues that arise with high performance athletes.

D. ORGANISATIONAL ENVIRONMENT

Reporting Relationships

Direct: Head Coach,
LA Director of High Performance
LA High Performance Manager

Lateral: LA President, LA Board Members, Team Staff, Squad Coaches, State Team Coaches, Club Coaches.

E. KEY SELECTION CRITERIA (KSC)

Qualifications

Applicants to provide background information and details of the following 15 KSC:

1. LA Club Coach Accreditation, LA Talent Coach (desired)
 - ASC Education Plan
 - ASC Concussion Management On-Line Training;
2. Completion of secondary education at an appropriate level.
While the completion of other qualifications is not mandatory, it will be highly regarded. (Non-formal qualifications linked with extensive experience, will be treated as the equivalent to formal qualifications)
3. At least five (5) years of lacrosse coaching at a high level, with a sound record of achievement.
(It is unlikely, that without considerable club and state team coaching positions and results, there may not be sufficient experience to qualify for this position)
4. Involvement in positions of responsibility, including sports administration and sport promotion positions, will also be considered.
5. National Police Check.
6. Working With Children Check WWCC. (for each state of residence of U18 Squad/Team Members)

Experience

7. In-depth experience and demonstrated success of coaching positions at club and state team levels.
 - 7.1 Coaching International Events National Teams and Results
 - 7.2 Coaching National Events State Teams and results
 - 7.3 Coaching Domestic Competition Club Teams and Results
8. Experience and proven capability, in the holistic development of young athletes.

Knowledge, Skills and Ability

9. To develop athletes for world level competition.
10. To develop player talent and team, for world level competition.
11. To formulate, analyse and respond to game strategies.
12. Specific knowledge of game concepts and demonstrated delivery and results of;
 - a. technical development of individual players
 - b. principles of play
 - c. scenarios and outcomes
 - d. game sense aspects
13. An understanding of Strength and Conditioning training and the integration of sports science, sports medicine and technological advancements into high performance training programs for athletes.
14. To contribute to the development of a selection criteria for Squad and Team players.
15. Of sound personnel, financial, administration and IT skills.

Personal Attributes

- General coaching philosophies to influence the development of the Australian Women's Box Team and individual players;
- Personal core values to enhance the LA High Performance Program;
- Positive people management abilities;
- Demonstrated ability to lead and mentor developing athletes, coaches and managers;
- Effective communication and negotiation skills to liaise with a wide range of people including athletes, coaches, managers, parents, service providers, LA administration, media, etc.

Preparation Calendar

- Support the Head Coach to implement the Operational Plan as aligned to the **LA HP Calendar (Section G.)** for the **Australian Women's Box Team** program.

Timelines of the following aspects to be included;

- Strength and Conditioning; Program, Periodisation, Testing
 - Squad Camps
 - Aims and Outcomes
 - Specialist Coaching, Nutrition Education
 - Timelines of delivery
 - Player Feed Back
 - Process and implementation
 - Timelines of delivery
 - Squad Selection points
 - Timelines
 - Tournaments
 - Aims and Outcomes
 - Team Selection
 - Timelines
 - Box Nationals (and Field Nationals)
 - 2024
 - Pre, **2024 World Lacrosse Women's Box Championship**
 - Lead up games, Dates, Locations
 - **2024 World Lacrosse Women's Box Championship**,
Friday 20 – Sunday 29 Sept 2024, Utica NY USA
 - Debriefing
 - Timelines, aims and outcomes.
- *Specific timelines and Preparation Calendar to be confirmed by the Head Coach*

F. KEY RESULT AREA AND INDICATORS

PROGRAM

1. A sound base of world class athletes prepared for progression to Australian Teams.
2. Implementation and integration of leading-edge approaches in coaching, sports science, sports medicine and technology.
3. Operates within LA HPPP parameters.

TEAM

1. To finish in the top two at the **2024 World Lacrosse U20 Women's Championship**.

ATHLETES

1. To achieve an agreed set of goals/targets of individual performance in the areas of physical, technical, attitude, mental toughness and competition performance.
2. Recruited/Attended USA College/University as NCAA Student Athletes.

G. LA HP CALENDAR

1. Reference of programmed Camps, Tournaments and Tours, for the preparation of applicants proposed Operational Plan, with consideration to athlete costs and financial aspects.

2024

February	2024 LA Women's Box National Championship Wed 21 – Sun 25 Feb 2024	
March	Squad Camp Fri 15 – Sun 17 March 2024	Melbourne
July	Team Camp & LA Challenge, 5 days Dates TBC: Sun 7 & Mon 8 –July 2024 or Sun 21 & Mon 22 –July 2024	Melbourne
August	2024 World Lacrosse Women's Box Championship Friday 20 – Sunday 29 Sept 2024	Utica NY USA