POSITION TITLE: HIGH PERFORMANCE MANAGER

PROGRAM: MARIBYRNONG SPORTS ACADEMY

1. Primary Job Purpose

Develop, monitor and co-ordinate the provision of Rehabilitation, Strength and Conditioning, Sports Science and Sports Medicine (Physiotherapy), Nutrition and Sports Psychology services at Maribyrnong Sports Academy

Job Responsibilities

The High Performance Manager will work in close liaison with the Sport Director, Business Manager, other Sports Academy program leaders, physical preparation/sport science/sports medicine staff and sport consultants in the development, delivery and monitoring of all aspects of the High Performance Program.

These include,

1.1 Network Development

- Establish and maintain a Sport Science/Sports Medicine (SS/SM) network to ensure all athletes have access to the best available SS/SM personnel and ensure that these people are fully utilized.
- Co-ordinate the SS/SM networks and assume direct responsibility for the direction and management of the program
- In conjunction with technical coaches provide direction for the physical preparation programs of all specialist sport programs
- Represent Maribyrnong Sport Academy at state/national and international forums as required
- Be available to attend regular meetings with Sports Director / Technical Coaching Manager / Technical coaches and High Performance staff as required

1.2 Physical Development

- Oversee and coordinate the development of strength and conditioning programming for all Sports Academy athletes
- Be able to assist the High Performance Staff in aspects of planning and preparation for that program
- Assist in developing a framework of fitness and conditioning programs that are available for all Sport Academy athletes to utilize. These programs will establish fundamental fitness and conditioning components for each sport and discipline
• Liaise with the High Performance staff regarding:
  1) periodisation of the year regarding training, competing and recovery,
  2) integration of conditioning into technical training sessions,
  3) latest sports science information for performance enhancement, and
  4) assist in organization of camps

1.3 Camps, Residential Camps and Tournaments

• Attend or delegate physical preparation staff to be present at Sports Academy camps, national competitions and international competitions as required, assisting with planning and recovery where needed.
• Organize and co-ordinate Sports Science/Sports Medicine requirements for all camps and tournaments
• Develop protocols for warm up and recovery for all Sport Academy athletes
• Be available to assist with any residential camps.

1.4 Testing

• Review and develop all necessary testing protocols / procedures for field, speed and strength testing
• Co-ordinate musculo-skeletal (physiotherapy screenings) for all Sport Academy athletes
• Co-ordinate dates for all testing throughout the year

1.5 Database development

• Develop a database of all athletes regarding all test results. From this database establish levels of performance for different sports/ playing positions/ events / stage of development and return from injury
• Develops a database that details all strength, conditioning and rehabilitation programs performed by athletes during their time at Maribyrnong Sport Academy.

1.6 Sports Medicine

• Develop and maintain a medical profile of all Maribyrnong Sport Academy athletes with appropriate medical staff regarding the monitoring of any individual injuries/illness
• Provide advice to athletes and coaches regarding the use of drugs and medications included in the IOC list of restricted and banned drugs
1.7 **Research and Development**

- In conjunction with Victoria University, Western Bulldogs and the Victorian Institute of Sport and the High Performance staff identify and drive specific areas of research that will assist in the development of Maribyrnong Sport Academy athletes
- Prepare reports on research and development projects from domestic and international publications and magazines. Also prepare educational information for high performance staff and technical coaches.
- Represent Maribyrnong Sport Academy at domestic and international conferences

2. **Key Performance Indicators**

- Successful integration of all relevant Sport Science / Sports Medicine and Physical Preparation disciplines into the High Performance Program
- The development of Science / Sports Medicine and Physical Preparation Program that has an identifiable influence over squad and individual athlete performance
- Provision of written reports to the Sports Director
- Successful database collection on all Maribyrnong Sport Academy athletes