



AUSTRALIAN LACROSSE ASSOCIATION LTD.

POSITION DESCRIPTION

Squad Coach U19 Australian Men's Team 2016

POSITION DESCRIPTION:

Functions of the Squad Coach

The Squad Coach will:

- Reinforce the vision statement and program philosophies;
- In consultation with the Head Coach, provide input on the direction of the program during the squad phase;

Function of the Squad

The U19 Australian Men's Team/Squad will:

- Compete in the FIL 2016 U19 Men's World Championship and in other tournaments and competitions as sanctioned by the ALA;
- Provide opportunities for U19 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 self discipline and performance;
- Promote a balance between personal, club and state team obligations.

A. PRIMARY JOB PURPOSE

In support of the Head Coach, to provide direction and management of the U19 Australian Men's Team preparation under the principles of the ALA 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 Squad Coach of the U19 Australian Men's Team to compete in the FIL 2016 U19 Men's World Championship;
- 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 program which will balance the focus on winning as well as promoting and developing good sportsmanship and personal development;
- Liaise with the Head Coach, ALA 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 personal, educational and sporting 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 Squad 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 staff meetings and forums associated with the ALA High Performance Program;
- Provide a written report to ALA no later than two months after any tournament or tour in which the Squad/Team has participated;
- Adhere to the ALA Team Personnel Agreement, ALA Constitution, ALA Policies and FIL World Championship Guidelines;
- Support the development of State Based Coaches/Coordinators;
- Provide assistance to researchers authorised to undertake work on behalf of ALA.

Athlete Administration

- Oversee individual athlete performance including the recording of testing.

Selection

- In conjunction with selectors, select a Squad of U19 lacrosse athletes.
 1. *U19 as at 31 August 2015*
 2. *Australian Passport Holder; or*
 3. *Permanent Residency Visa Holder.*

(FIL U19 men minimum age eligibility, must be 16 years of age as at 6 July 2016)

Staffing

- Attend professional development opportunities.

C. ISSUES AND CHALLENGES

- Maintain an emphasis on individual athlete development while preparing as a squad/team to compete in the FIL 2016 U19 Men's World Championship;
- Balance program management duties/responsibilities with active coaching;
- Maintain enthusiasm and motivation of the athletes following extensive club and national competition;
- Manage a diverse range of individual athlete personalities and issues that arise with high performance athletes.

D. ORGANISATIONAL ENVIRONMENT

Reporting Relationships

- Direct:** Head Coach,
ALA Director of High Performance
ALA High Performance Manager – Men’s Division.
- Lateral:** ALA President, ALA Board Members, Team Personnel, Assistant Coaches,
Squad Coaches, State Team Coaches, Club Coaches.

E. KEY SELECTION CRITERIA

Qualifications:

- ALA Level 1, Club Coach Accreditation;
- General Principles Level Two (desired);
- 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, as shown below, will be treated as the equivalent to formal qualifications);*
- At least five years of lacrosse involvement in a position of responsibility. This experience will be heavily weighted towards coaching experience, but may also include club administration and sport promotion. *(It is unlikely that those without a significant club and or state team coaching background, would have sufficient experience to qualify for the position);*
- National Police Check.

Experience:

- In-depth experience and demonstrated success coaching at club and state level;
- Experience and proven capability in the holistic development of young athletes.

Knowledge and Skills:

- Specific knowledge of individual technique development, principles of play and delivery, as well as the ability to promote game sense aspects;
- Understanding of concepts and the proven ability to integrate sports science, sports medicine and technological advancements into high performance training programs;
- Capacity to develop players to world level competition, including the ability to formulate, analyse and respond to game strategies;
- Sound personnel, financial, administration and IT skills.

Personal Attributes

- General coaching philosophies;
- Personal core values for our national team 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, parents, service providers, management, media, etc;

Preparation Outline

- Provide support to the Head Coach to implement the Preparation Calendar for the 2016 U19 Australian Men's Team, with reference and alignment to the ALA HP Calendar.

Timelines of the following aspects to be included;

- Squad Application Process, Commencement Date
- Strength and Conditioning Program
 - Commencement, Duration, Periodisation
- Squad Camps
 - Dates, Durations
- Specialist Coaching, Nutrition Education
 - Timelines
- Player Feed Back
 - Process and implementation
- Squad Selection points
 - Dates / Squad number
- Tours/tournaments, Dates
- Team Selection, Date
- Nationals 2014, 2015 and 2016.
 - U18/U17, U19/U21
 - Senior
- Lead up games, Dates, Locations
- FIL 2016 U19 Men's World Championship
Coquitlam Canada, 7 – 16 July 2016
- Debriefing
 - Timelines, principle, outcomes.

F. KEY RESULT AREA AND INDICATORS

PROGRAM

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

TEAM

1. To finish in the top two at the FIL 2016 U19 Men's World 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 a USA College/University as an NCAA Student Athlete.

G. ALA HP PREPARATION CALENDAR

2014

JANUARY

TBC Thur 2 – Sun 5 January Southern Crosse Tournament Vic
**this timeframe is an option for training camp and or tournament, dependant on visiting international teams.*

APRIL

Fri 18 – Mon 21 April U18 Nationals Vic
(Good Friday 18 April)
(Easter Monday 21 April)

ANZAC Day Fri 25 April - Sun 27 April
U19 Squad Camp option Vic

JUNE

Thur 29 May – Sun 1 June Down Under Cup (Lacrosse Victoria event)

Wed 4 – Sat 7 June Senior Nationals SA
Sun 8 & Mon 9 June Australian Team prep option SA

JULY

Sat 5 –Sun 13 July WA, SA, Vic common school holiday week

SEPTEMBER/OCTOBER

Sun 28 Sep – Sat 4 Oct U15 Nationals WA
(common week of school hols)

DECEMBER

TBC Sat 20 – Mon 22 Dec Golden Wattle Tournament SA
(senior women's tournament)
**this timeframe is an option for training camp and or tournament, dependant on visiting international teams.*

2015

JANUARY

TBC Fri 2 – Mon 5 January Southern Crosse Tournament Vic
**this timeframe is an option for training camp and or tournament, dependant*

on visiting international teams.

APRIL

| | | | |
|-----|-----------------------|----------------------------|--|
| TBC | Fri 3 – Mon 6 April | Easter | Good Friday 3 April, Easter Monday 6 April |
| | Or | | |
| TBC | Sun 5 – Sat 11 April | <i>not SA school hols</i> | |
| | Or | U17/18/U19/U21 Nationals | SA |
| TBC | Sun 12 – Sat 18 April | <i>not Vic school hols</i> | |
| | Sat 25 April | ANZAC Day | |

JUNE

| | | | |
|-----|---------------------|--|----|
| TBC | Thu 28 – Sun 31 May | Down Under Cup (Lacrosse Victoria event) | |
| TBC | Wed 3 – Sat 6 June | Senior Nationals | WA |
| | Sun 7 & Mon 8 June | Australian Team prep option | WA |

JULY

Sat 4 – Sun 12 July WA, SA, Vic common school holiday week

SEPTEMBER/OCTOBER

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|-----|------------------------|-------------------------------------|-----|
| TBC | Sun 27 Sep – Sat 3 Oct | U15 Nationals | Vic |
| | | <i>(common week of school hols)</i> | |

DECEMBER

| | | | |
|-----|---------------------|---|----|
| TBC | Sat 19 – Mon 21 Dec | Golden Wattle Tournament | SA |
| | | (senior women's tournament) | |
| | | <i>*this timeframe is an option for training camp and or tournament, dependant on visiting international teams.</i> | |

2016

JANUARY

| | | | |
|-----|-----------------------|---|-----|
| TBC | Sun 3 – Wed 6 January | Southern Crosse Tournament | Vic |
| | | <i>*this timeframe is an option for training camp and or tournament, dependant on visiting international teams.</i> | |

APRIL

| | | | |
|-----|--------------------------|---------------|----------|
| TBC | U17/18/U19/U21 Nationals | SA | |
| | | Good Friday | 25 March |
| | | Easter Monday | 28 March |

ANZAC Day Mon 25 April

JUNE

| | | | |
|-----|--------------------|-----------------------------|-----|
| TBC | Wed 1 – Sat 4 June | Senior Nationals | Vic |
| | Sun 5 & Mon 6 June | Australian Team prep option | Vic |

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|-----|--------------------|--|
| TBC | Thu 2 – Sun 5 June | Down Under Cup (Lacrosse Victoria event) |
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JULY

| | |
|-----|---|
| TBC | <i>WA, SA, Vic common school holiday week</i> |
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|------------------------------|--|
| Thurs 7 – Sat 16 July | FIL 2016 U19 Men's World Championship Coquitlam BC Canada |
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