



**AUSTRALIAN LACROSSE  
ASSOCIATION LTD.**

**POSITION DESCRIPTION**

***Head Coach  
Australian Men's Indoor Team  
2019***

## **POSITION DESCRIPTION:**

### **Functions of the Head Coach**

The Head Coach will:

- Prepare a vision statement and program philosophies;
- Prepare an Operational Plan and Preparation Calendar aligned to the ALA HP Calendar;
- Be a member of the Interview Panel for the selection of the Manager, Assistant Coaches and other team personnel positions;
- In consultation with ALA, direct Team Personnel and the Team program;
- Head the Selection Panel for player selections, with input from Assistant Coaches.

### **Function of the Team/Squad**

The Australian Men's Indoor Lacrosse Team/Squad will:

- Compete in the 2019 FIL Men's World Indoor Lacrosse Championship and in other tournaments and competition, as sanctioned by ALA;
- 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 as determined and in alignment with the ALA HP Calendar, with an emphasis given to both self discipline and performance;
- Promote a balance of time management between family, education, squad/team, state team and club team obligations.

### **A. PRIMARY JOB PURPOSE**

To provide overall direction and management of the 2019 Australian Men's Indoor Lacrosse Team program under the ALA High Performance Program Policy, including high performance preparation principles and competition opportunities for athletes.

### **B. JOB RESPONSIBILITIES**

#### **Technical**

##### *Coaching*

- Undertake the role as Head Coach of the 2019 Australian Men's Indoor Lacrosse Team to compete in the 2019 FIL Men's World Indoor Lacrosse Championship;
- Provide expert team, specialist and individual coaching;
- Identify for each individual athlete, areas for improved performance, with strategies and actions for their advancement.

##### *Program development*

- Implement an operational plan aligned to the ALA HP Calendar and including competition opportunities integrated with Squad and Team camps;
- Provide for the integration of players representing in the 2018 Australian Men's Team and 2018 FIL Men's World Championship, the opportunity for selection;
- Plan and coordinate team, specialist and individual training programs on a weekly basis during both squad and team preparation and competition;

- Pursue leading edge initiatives including advanced athlete development, recovery, training procedures, techniques and methods;
- Maintain a Strength & Conditioning Program, in consultation with the Strength & Conditioning Coach, conducive to the physical development of athletes for the 2019 FIL Men's World Indoor Lacrosse Championship.
- Establish a program which will balance the focus on winning as well as promoting and developing good sportsmanship and personal development;
- Consult directly with the ALA Director of High Performance and liaise with Assistant Coaches, State Team Coaches, Club Coaches, parents and other stakeholders regarding athletes in the squad/team.

#### *Support Services*

- Co-ordinate, where applicable, the delivery of support services including strength and conditioning activities, injury prevention and injury management;
- Establish an acceptable balance of individual development, family, educational and sporting commitments, 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 communication with the ALA Director of High Performance;
- Manage Team Personnel, including the Strength & Conditioning Coach, Assistant Coaches, Managers and Medical Officer/s to meet all team requirements;
- Consult with the ALA Director of High Performance to provide effective solutions to any issues and or concerns within the program;
- Participate in meetings and forums concerned with the ALA High Performance Program;
- Prepare a final report and submit to ALA, no later than 60 days following the conclusion of the 2019 FIL Men's World Indoor Lacrosse Championship;
- Adhere to the ALA Team Personnel Agreement, ALA Constitution, ALA Policies, ASADA Policies and FIL World Event By-Laws;
- Support the development of Assistant Coaches;
- Provide assistance to researchers who have been authorised to undertake work on behalf of ALA.

##### *Athlete Administration*

- Oversee individual athlete performance including the recording of testing results;

##### *Selection*

- In conjunction with Assistant Coaches, select players for the Squad/Team, eligible under ALA and FIL rules and policies.
  1. *Australian Passport Holder; or*
  2. *Non Passport Holder, eligible under FIL rules;*

[https://filacrosse.com/wpcontent/downloads/indoor/Competition/FIL Men's Eligibility Criteria July 2017.pdf](https://filacrosse.com/wpcontent/downloads/indoor/Competition/FIL_Men's_Eligibility_Criteria_July_2017.pdf)

**(FIL men; minimum age eligibility, must be 16 years of age as at 18 September 2019)**

*Team Personnel*

- Attend and encourage Assistant Coaches to attend professional development opportunities.

**C. ISSUES AND CHALLENGES**

- Maintain a focus on individual athlete development and team cohesion, while preparing to compete at world level competition;
- Balance program management duties/responsibilities with active coaching;
- Maintain enthusiasm and motivation of athletes during their extensive training regime of Squad/Team, state team and club team commitments and competition;
- Manage a diverse range of individual personalities and issues arising with high performance athletes.

**D. ORGANISATIONAL ENVIRONMENT**

**Reporting Relationships**

**Direct:** ALA Director of High Performance,  
ALA High Performance Manager/s,  
ALA President.

**Lateral:** ALA Directors, Assistant Coaches, Squad Coaches, State Team Coaches,  
Club Coaches, State Association Administrators.

**E. KEY SELECTION CRITERIA**

**Qualifications:**

- ALA Coach Accreditation (Level 1, Club Coach);
- General Principles Level Two (desired);
- Completion of secondary education. 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);*
- At least ten (10) years of lacrosse coaching at a high level, with a sound record of achievement;
- Involvement in positions of responsibility, including sports administration and sport promotion positions, will also be considered.  
*(It is unlikely that those without considerable club and state team coaching positions, would have sufficient experience to qualify for this position);*
- National Police Check.

**Experience:**

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

**Knowledge, Skills and Ability:**

- Capacity to develop athletes for world level competition;
- Capacity to develop players and team, for world level competition;
- Capacity to formulate, analyse and respond to game strategies;
- Specific knowledge of game concepts and demonstrated delivery and results of;
  - technical development of individual players;
  - principles of play;
  - scenarios and outcomes;
  - game sense aspects.
- 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;
- Capacity to develop a player selection criteria for Squad and Team selections;
- Sound people management, financial, administration and IT skills.

**Personal Attributes**

- General coaching philosophies to influence the development of the Australian Men's Indoor Lacrosse Team and individual players;
- Personal core values to enhance the ALA 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, manager/s, parents, service providers, ALA administration, media, etc.

**Preparation Calendar**

- Provide a detailed Operational Plan aligned to the ALA HP Calendar, for the 2019 Australian Men's Indoor Lacrosse Team program.

Timelines of the following aspects to be included;

- Squad Application,
- Squad Commencement Camp; State Based/Full
- Strength and Conditioning Program
  - Commencement, Duration, Periodisation
- Squad Camps
  - Dates, Durations
- Specialist Coaching, Nutrition Education
  - timelines
- Tours/tournaments, Dates
- Team Selection, Date
- Indoor Nationals Nov 2017, Nov 2018, feasibility of 2019
- Lead up games, Dates, Locations
- 2019 FIL Men's World Indoor Lacrosse Championship  
Langley BC Canada, Thurs 19 – Saturday 28 September
- Debriefing

## F. KEY RESULT AREA AND INDICATORS

### PROGRAM

1. A sound base of world class athletes prepared for world level men's indoor lacrosse competition.
2. Implementation and integration of leading edge approaches in coaching, sports science, sports medicine and technology.
3. Integration of players representing in the 2018 Australian Men's Team and 2018 FIL Men's World Championship,
4. Operates within ALA HPPP parameters.

### TEAM

1. To finish in the top five at the 2019 FIL Men's World Indoor Lacrosse 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, or North American Indoor League.

## G. ALA HP CALENDAR

1. Insert planned dates for camps, home tours, away tours etc.; with estimate of number of days and locations.

### 2017

#### NOVEMBER

Fri 17 & Sat 18 Nov                      2017 ALA Men's Indoor Lacrosse Nationals NSW

#### DECEMBER

### 2018

#### JANUARY

Wed 3- Sun 7                              2018 Men's Squad – Camp                      Melb

#### FEBRUARY

Sat 24 & Sun 25                              ALA National Conference                      Perth

#### MARCH

Fri 9 – Mon 12                              2018 Men's Squad – Japan Tour

Wed 28 – Mon 2 Apr TBC                      2018 U18 Boy's & Girls Nationals                      Adelaide

#### APRIL

#### MAY

AUSTRALIAN LACROSSE ASSOCIATION  
ABN 124 440 124

JUNE

Wed 6 – Sun 10 TBC                      2018 ALA Senior Nationals                      Perth

JULY

Fri 6    2018 Men's Team, depart  
Thur 12 – Sat 21                      2018 FIL Men's World Championship                      Netanya Israel

AUGUST

SEPTEMBER

OCTOBER

Sun 29 Sept – Sat 6 Oct                      2018 ALA U15 National                      Melbourne

NOVEMBER

Sat 17 & Sun 18 Nov TBC                      2018 ALA Men's Indoor Lacrosse Nationals Location: TBC

DECEMBER

**2019**

JANUARY

FEBRUARY                                      ALA National Conference                                      TBA

MARCH

APRIL

Wed 17 – Mon 22 TBC                      2019 U18 Boy's & Girls Nationals                      Perth

MAY

JUNE

Wed 5 – Sun 9 TBC                      2018 ALA Senior Nationals                      Melbourne

JULY

AUGUST

SEPTEMBER

Thurs 19 – Sat 28 September                      2019 FIL Men's World Indoor Lacrosse Championship  
Langley BC Canada