

# ASSISTANT COACH

## POSITION DESCRIPTION

### UNDER 15 GIRLS AND BOYS ZONE TEAMS 2018

Sunday, 30 September 2018 – Saturday, 6 October 2018

Melbourne, Victoria

Lacrosse SA is the peak body for Lacrosse in South Australia and drives the vision, strategy, finances, governance and coordination of competitions and representative teams in the state. Lacrosse SA aims to provide quality high performance programs through its various representative teams that provide athletes and coaches with an exceptional lacrosse experience and significant development opportunities.

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**2018 ALA Under 15 Boys and Girls  
National Tournament**

**Sunday, 30 September 2018 —  
Saturday, 6 October 2018**

**Melbourne, Victoria**

## TEAM OVERVIEW

The Under 15 Girls and Boys zone teams will compete in the 2018 ALA Under 15 Boys and Girls National Tournament, Sunday 30 September 2018 — Saturday, 6 October 2018 in Melbourne, Victoria (venue to be advised), and will:

- Comprise of only eligible Lacrosse SA affiliated players.
- Provide opportunities for all athletes to develop their abilities, athleticism and knowledge throughout the trial/selection period, preparation period and in competition.
- Adhere to a preparation schedule determined by the Head Coach with an emphasis given to both discipline and performance.
- Promote a balanced approach to lacrosse and allow for personal, club, state and national team obligations.
- Compete with exceptional sportsmanship, with the best interest of the game and Lacrosse SA at the forefront of their mind.

## 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.
- In consultation with Team Personnel, assist the Head Coach to direct the 2018 Under 15 Boys or Girls Program.
- Play a coaching role of the 2018 Under 15 Boys or Girls Team Program.

## AGE GUIDELINES FOR COACHES AND MANAGERS

- The age of head coaches for tournament teams shall be 25 years old at time of application or have considerable high level coaching experience.
- The age of assistant coaches for Under 15 teams be at least 18 years of age at time of application.
- Managers to be at least 25 years old at time of application.

## APPLICATIONS

All applications are to be submitted in writing to the LSA Office. Applications should include:

- Cover letter addressing the listed selection criteria.
- A completed application form.
- Outline of preparation schedule including:
  - Calendar of all events from application submissions to post competition feedback.
  - Application process and any filtering/selection requirements you wish to impose at this point.
  - Outline of any strength and conditioning components you wish to integrate.
  - Desired trial dates (minimum of 3 trials, players must attend at least 2 to be eligible).
  - Outline of the desired selection criteria, selection process and player evaluation process.
- Required accreditations and current National Police check.

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Post: Executive Officer, Lacrosse SA, PO Box 246, West Beach, SA, 5024

Email: [office@lacrossesa.com.au](mailto:office@lacrossesa.com.au)

Fax: (08) 8355 3360

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All applicants will receive an email of acknowledgement and further details on the selection process including timeframes for selection.

If there are no applications or no suitable candidates, Lacrosse SA reserves the right to re-advertise or approach suitably qualified candidates to apply.

Support the Head Coach to provide direction, leadership and management on all aspects of the Team's preparation, match play and operations, ensuring continual correspondence with relevant Lacrosse SA stakeholders to meet any policy, process and procedural requirements.

## THE ROLE

### PROGRAM DEVELOPMENT

- In conjunction with the Head Coach, assist with the development and communication of a comprehensive preparation calendar that is geographically spread and neutralises travel time/expense across the squad.
- Maintain effective communication channels and protocols with squad/team members that support LSA policies.
- Contribute to the development of a comprehensive and intensive training program.
- Assist with the development and distribution of supporting documentation.

### GOVERNANCE

- Maintain a sound understanding, support and adherence to LSA policies, including (but not limited to) the LSA Code of Behaviour, finance policies, member protection policies, child protection policies, harassment and discrimination policies and weather related policies.
- Attain, provide and maintain the required accreditations and checks set out in the selection criteria.
- Maintain regular contact with relevant LSA stakeholders, squad/team personnel and athletes.
- Provide a written report to LSA at the completion of the program summarising the program, calendar, results, finances, travel arrangements, other essential information and any opportunities for improvement.

### SELECTION

- Ensure detailed feedback is provided to players omitted from the Squad/Team that details areas for future development and explains what they can do to be selected in the future.

### COACHING

- Contribute to the implementation of technical strategies for team and individual game play.
- Communicate, educate and implement the determined strategies of the Head Coach.
- Provide expert team, specialist and individual coaching.
- Utilise varied teaching methods including demonstrations, whiteboard discussions, film review, written material and question time.
- Assist in the development of supporting materials to assist with athlete education and development.
- Seek to develop individual athletes to the maximum of their ability.
- Pursue leading edge initiatives, techniques and strategies.
- Pursue a balanced focus of “technical mastery” and winning.
- Support the Head Coach to provide quality feedback on a regular basis to athletes, utilising written evaluations, individual meetings, team meetings and technical advice on the field.

### SUPPORT SERVICES

- Assist in the delivery of support services including strength and conditioning, recovery, and rehabilitation activities.
- Integrate sports science and sports medicine knowledge into the program.
- Engage and include injured athletes in modified roles or capacities wherever possible.
- Be aware of the mental health of those around you and provide emotional support to those in need.

### REPORTING RELATIONSHIPS

- LSA State Teams Representative, LSA Director - Coaching, LSA Executive Officer
- Head Coach, Team Manager
- Medical Staff.

For further information, please  
contact the Lacrosse SA office  
(08) 8355 3350.

Applications can be forwarded to  
[office@lacrossesa.com.au](mailto:office@lacrossesa.com.au).

## SELECTION CRITERIA

### ACCREDITATION, QUALIFICATIONS AND POLICE CHECKS:

- ALA Level 1 Coaching Certificate.
- ASC Coaching Certificate.
- Play by the Rules, Certificate in Harassment and Discrimination Practices.
- Play by the Rules, Certificate in Child Protection Practices.
- National Police Check (less than two years old).

### EXPERIENCE

- In-depth experience and demonstrated success coaching at a relevant club level or higher.
- Experience and proven capability in the holistic development of athletes.
- Proven ability to work with other coaches.

### KNOWLEDGE AND SKILLS

- Specific knowledge of individual technique development, principles of play and delivery.
- Ability to promote game sense aspects of the sport.
- Understanding of concepts and the proven ability to integrate modern sports science, sports medicine and technological advancements into training programs.
- Capacity to develop individual players in a high performance environment.
- Exceptional, planning, communication and interpersonal skills.
- Sound personnel, financial, administration and IT skills.

### PERSONAL ATTRIBUTES

- Positive people management abilities.
- Strong and demonstrated leadership qualities.
- Effective communication and negotiation skills.
- Core values aligning with LSA's strategic vision.

### KEY RESULT INDICATORS

- Generation of a quality pool of squad applicants.
- Implementation and integration of leading edge approaches in coaching, sports science, sports medicine and technology.
- Operates within policy parameters.
- Achieve an agreed set of team and individual targets.
- Promote athletes under your leadership to higher level teams in local and Australian Lacrosse.
- Placing/improvement in ranking in live competition.
- Player satisfaction/development survey.

### FINANCIAL INFORMATION

- The role is a voluntary position.
- Subsidisation of travel and accommodation is offered when teams travel. Funds to support this subsidisation are drawn from the pool of paying athletes.
- LSA provide team travel packages for travelling teams and alternative arrangements are unavailable. Team members wishing to make alternative arrangements do so at their own expense and in addition to the team travel package offered by LSA.
- LSA will provide estimated costs to team members but will not provide individually itemised invoices.