



## **STRENGTH AND CONDITIONING COACH POSITION SCOTLAND JUNIOR WOMEN'S LACROSSE TEAM**

### **JOB TITLE**

Strength and Conditioning Coach, Scotland Junior Women's Lacrosse Team

### **REPORTS TO**

Heather Macrae and Gill Aldcroft, Head Coaches, Scotland Junior Women's Lacrosse Team

### **JOB OVERVIEW**

We are seeking a Strength and Conditioning Coach who will work collaboratively with the Head Coaches and other staff to plan, develop, and implement effective physical preparation techniques, with specific reference to lacrosse, as the team prepares for the 2021 Home Internationals tournament. The Strength and Conditioning Coach will work to support the development of Scotland Juniors not only for competition but also with a view to move them forward in the Lacrosse Scotland development pathway.

### **JOB RESPONSIBILITIES**

#### **Strength and Conditioning**

- Serve as Strength and Conditioning Coach through and including 2021 Home Internationals. Attend all scheduled meetings, trainings, tours, and tournaments (through to the 2024 U19 World Championships, subject to renewal).
- Collaborate with the Head Coaches to create an effective Strength and Conditioning programme for high level lacrosse players which is underpinned by sound scientific evidence and practice-based rationale.
- Establish a positive, supportive relationship with all players, engage in effective coaching and provide high-impact team and individual feedback.
- Participate in team and individual goal setting with follow-up.
- Monitor and track key physical performance indicators to provide player assessments, feedback, inform future training direction and to advise on selection.
- Help players establish a balance between sporting, personal and academic life.
- Coordinate and analyse individual training programmes and provide timely intervention and support as required.
- Compile and analyse team and individual feedback and information as needed.
- Maintain professional, positive, collaborative, and cooperative relationships with the Head Coaches, other coaches and staff, players, parents, umpires, administrators, and other stakeholders.



### **Management**

- Work with the Head Coaches and Team Manager in implementing all aspects of the programme.
- Proactively communicate with the Head Coaches any issues/concerns which arise within the programme to provide effective solutions.
- Participate in staff meetings and professional development opportunities as provided.
- Assist in maintaining an updated player performance database.
- Assist in addressing any compliance issues among players.

### **QUALIFICATIONS**

- Qualification at degree level in Sports Science or a similar subject or a recognised Strength and Conditioning qualification. Preference for candidates with high-level certifications.
- Preference for candidates with demonstrated success working with high level athletes in a representative setting or experience working with U19 players.
- Preference for candidates living in Scotland, though not required.
- Demonstrated ability to inspire and motivate teams.
- Positive, proactive communication skills.
- Ability to remain positive and constructive in challenging high-stress situations.
- Sound time management, administration, and computer skills.
- Willingness to apply growth mindset to improve provision for athletes.

### **TO APPLY**

Please send CV (to include experience plus any certifications) to Head Coaches Heather Macrae and Gill Aldcroft at: [juniowomenscoach@lacrossescotland.com](mailto:juniowomenscoach@lacrossescotland.com)

Please also indicate whether you would be able to attend a short practical interview on either the 26<sup>th</sup> or 27<sup>th</sup> February in Edinburgh. For any questions, please email Heather and Gill using the email above.

**DEADLINE FOR APPLICATION: 7<sup>th</sup> February, 2022**

### **2022 Home Internationals Training and Competition Schedule**

#### **Trial Weekends**

26<sup>th</sup> and 27<sup>th</sup> February 2022 - Edinburgh, Scotland

#### **Squad Training Weekends**

12<sup>th</sup> and 13<sup>th</sup> March 2022 - Edinburgh, Scotland

26<sup>th</sup> and 27<sup>th</sup> March 2022 - Edinburgh, Scotland

#### **Home Internationals**

9th - 11th April 2022 - Edinburgh, Scotland

**ANY APPOINTMENT IS SUBJECT TO A DISCLOSURE SCOTLAND PVG CHECK**