

## JOB DESCRIPTION & RESPONSIBILITY STATEMENT

### 1. Role: Head of Athletic Performance - Cavan GAA

Salary – Competitive (negotiable depending on experience)

#### 2. ROLE AND PURPOSE OF POSITION

To oversee and contribute to delivering all aspects of Strength and Conditioning (S&C), fitness and sports science in Cavan GAA including; planning, programme design, programme delivery and monitoring.

Oversee the implementation of this programme across multiple teams

Manage S&C staff to ensure consistency of approach across all teams

Deliver and report on agreed KPIs for athlete development.

Liaise with medical staff and team management regarding injured players and reintegration into the main group

To deliver all aspects of Strength and Conditioning (S&C) for Cavan GAA including; planning, programme design, programme delivery and monitoring.

Delivery /Management of strength & Conditioning coaching to county teams U14/15/16/17/20 & Senior, taking lead with assigned teams and managing the S&C team for other squads.

Upskill County GPO's in latest S&C research and in undertaking S & C sessions

#### 3. REPORTING RELATIONSHIPS

Operational: Director of coaching, Cavan GAA

#### 4. WORKING RELATIONSHIPS

- The S&C Coach will report to the Director of coaching on an operational basis ensuring effective and efficient operation of the professional strength and conditioning programme;
- Other county strength and conditioning coaches;
- County coaching staff and team management inc. schools;
- County Board
- County Cavan doctors & physiotherapists

## 5. KEY QUALITIES

### Essential:

- Recognised degree or Higher National Diploma in Physical Education, Human Movement or Sports Science.
- A recognised Professional certification strength and conditioning.
- A minimum of 3 years full-time experience as an S&C Coach in a sporting environment.
- A verifiable record of programme design and delivery of physical development programmes for adolescent and adult GAA players.
- An understanding of training science and data management as these pertain to current strength and conditioning practices in high performance sport.
- Practical coaching experience across all the elements of high performance strength and conditioning.
- Garda Vetting & Child protection training
- Effective time management and the proven ability to work independent.

### Desirable:

- A post graduate degree in Sports Science or Strength and Conditioning.
- Practical coaching experience in speed and agility training;
- Recognised certification in sport related competence (i.e. Powerlifting, SAQ, functional conditioning);
- Recognised First Aid and CPR certification;
- Excellent organisational, interpersonal, analytical and teamwork skills;
- Capable of working within a team environment and sharing responsibilities for player development and programme management;
- Excellent computer skills.
- Experience in intercounty GAA

## 6. GENERAL RESPONSIBILITIES

### General areas of responsibility include:

- Work in conjunction with all other staff members in implementing the strength and conditioning programme for underage and senior players.
- Produce detailed weekly and outline monthly plans for all players in conjunction with other staff – copies to the Director of coaching
- Maintain player statistics – GPS, fitness tests, body weight and body composition and progressions – copies to Director of coaching/physio/doc
- Demonstrate acceptable standardised procedures in gathering fitness test data and delivering individual player fitness reports to players.
- Ensure appropriate recovery strategies are in place and utilised.
- Work closely with lead doc/ physiotherapist and other specialists in developing objective return to play protocols and implementing player injury prehabilitation and rehabilitation programmes.
- Be active in on-going professional development.
- Adhere to current research philosophies on conditioning, giving evidence of good practice in programme implementation, supervision, monitoring and reporting.
- Adhere to current principles and stances on nutrition supplementation.

## 7. PERFORMANCE MEASURES

- Maintain effective relationships with various staff within the county
- Maintain and update player profiles in terms of testing results, playing and injury histories, demonstrating improvements in all of the above.
- Carry out duties and responsibilities to an effective and efficient standard
- Establish excellent work practices.
- Make effective and informed decisions in relation to the role and the department.
- Portray a competent and professional image of Cavan GAA

## 8. KEY SKILLS

- Ability to manage and structure appropriate programmes for individuals and team squads.
- Ability to teach core lifts and education on how they complement Gaelic games
- Ability to teach running mechanics – linear and multidirectional.
- Ability to deliver land & jump (single leg) mechanics training
- Ability to develop aerobic capacity and demonstrate similar in players
- Ability to create standards of the highest level, make athletes accountable to this and instill a culture where they expect this of each other
- Positive attitude
- Instill good values and standards across pitch/gym and outside training environment

