

Job Title: Physical Performance Manager

Reports to: Football Operations Manager

Location: Brothers Leagues Club

Contract Type: Full-time / Permanent

Job Overview:

The Physical Performance Manager is responsible for overseeing all aspects of physical preparation and performance enhancement for players at the Club.

This role involves designing, implementing, and managing age and stage appropriate physical performance programs.

The Physical Performance Manager will work closely with coaches, medical staff, and other team/program staff to ensure players are physically prepared to meet the demands of competition while promoting long-term athletic development and recovery.

Key Responsibilities:

1. Physical Performance Planning:

- Collaborate, develop and implement comprehensive physical conditioning programs for all players, ensuring they align with the club's game style and performance goals and/or prescribed physical performance frameworks.
- Oversee the periodisation of training schedules, balancing intensity, recovery, and match preparation.
- Tailor individual physical development programs for players based on age and stage of development, position-specific requirements and personal needs.

2. Strength & Conditioning:

- Lead the club's strength and conditioning programs.
- Design and oversee gym and field-based sessions targeting physical performance improvements in line with player development and requirements of the game.
- Lead the implementation of all agreed physical performance programs embedded in talent development programs, including physical testing protocols.
- Ensure training is evidence-based and utilises best practices in strength and conditioning.

3. Injury Prevention & Rehabilitation:

- Work closely with the medical and physiotherapy teams to design and implement injury prevention strategies, monitoring player load and physical wellness.
- Collaborate on rehabilitation protocols for injured players, ensuring a safe and effective return to play.
- Regularly assess and adjust training loads to minimise injury risk while maximising performance output.

4. Performance Monitoring & Data Analysis:

- Utilise performance data to monitor player workload, recovery, and overall performance improvements and ensure all performance data is maintained in the agreed Athlete Management System.
- Analyse data to inform training adjustments and long-term physical performance planning.
- Provide detailed performance reports to coaches and management, contributing to tactical and strategic decisions.

5. Recovery & Nutrition:

- Lead and implement recovery strategies, including active recovery, basic nutrition, hydration, sleep optimisation, and other recovery modalities.
- Engage performance dieticians to ensure players are educated on nutrition optimising performance, recovery, and general well-being.
- Ensure players are educated and have access to recovery protocols post-training and matches to maintain peak physical condition.

6. Collaboration & Communication:

- Work closely with the coaching staff to ensure physical performance strategies are integrated into team/program training plans.
- Regularly communicate with the medical and sports science teams to provide holistic care and support for each player.
- Provide education and workshops for players on key areas such as nutrition, recovery, injury prevention, and lifestyle management.

7. Leadership & Development:

- Mentor and develop assistant coaches and interns within the strength and conditioning team.
- Stay up to date with the latest trends, research, and innovations in physical performance and apply these to the club's programs.
- Contribute to creating a performance culture that prioritises continuous improvement and player well-being.

Key Requirements:

- **Experience:**
 - Proven experience as a strength and conditioning coach or physical performance manager within a professional sports environment, preferably in Rugby League or a similar high-performance sport.
 - Strong background in designing and implementing physical performance programs, including strength, speed, energy systems, and injury prevention.
 - Experience working with performance monitoring tools (e.g., GPS, Athlete Management Systems) and analysing data to inform training plans.
- **Skills:**
 - Excellent leadership and communication skills, with the ability to work effectively within a multidisciplinary team.
 - Strong organisational and time-management skills, with the ability to manage multiple players and performance plans simultaneously.
 - Proficient in performance monitoring technology, data analysis, and using insights to drive performance improvements.
- **Qualifications:**
 - Tertiary qualifications in sports science, exercise physiology, or a related field.
 - Accredited strength and conditioning qualifications - ASCA Professional L2).
 - Advanced knowledge of injury prevention, rehabilitation, and recovery protocols.
 - First Aid and CPR certification.
 - Blue Card (or ability to obtain)

Key Attributes:

- Passion for physical performance and player development in a Rugby League setting.
- Ability to work in a fast-paced, high-pressure environment, adapting to the demands of elite sport.
- Innovative thinker, with a commitment to continuous learning and applying the latest performance research.



Remuneration:

- Competitive salary package, commensurate with experience.
- Access to professional development opportunities and career progression within the club.

Application Process:

Interested candidates should submit their CV and a cover letter outlining their relevant experience and vision for physical performance in Rugby League to CEO Justin Wilkins ceo@blackhawkstsv.com.au

