

## Job Description – Strength and Conditioning Coach (SCC)

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| <b>JOB TITLE:</b> Strength and Conditioning Coach | <b>DATE:</b> September 2016 |
| <b>REPORTS TO:</b> National Coaching Coordinator  |                             |

### 1. PURPOSE OF POSITION

To help the NZIHF to achieve its goals;

To develop and support a comprehensive Ice Hockey strength and conditioning system in the New Zealand Ice Hockey Federation by designing and implementing a series of initiatives that will:

- Develop a strength and conditioning programme for all ice hockey players across New Zealand.
- Develop a strength and conditioning test to enable players to be tested regularly and their progress tracked.
- Teach players and coaches about warm up and warm down, game nutrition, building fitness, and testing procedures.
- Establish, develop and maintain relationships with all regions of the New Zealand Ice Hockey Federation (i.e. AIHA, CIHA and SIHL);

### 2. RELATIONSHIPS

The position reports to the NZIHF National Coaching Coordinator but will also have direct relationships with the following;

| <b>NZIHF</b>  | <b>Ice Hockey in New Zealand</b>   | <b>External</b> |
|---|--|-----------------|
| <ul style="list-style-type: none"> <li>▪ President</li> <li>▪ Vice-President International Ice Hockey</li> <li>▪ National Team Coaches</li> <li>▪ National Team Managers</li> </ul> | <ul style="list-style-type: none"> <li>▪ AIHA</li> <li>▪ CIHA</li> <li>▪ SIHL</li> <li>▪ Regional Coaching Directors</li> <li>▪ Regional Team Coaches</li> </ul> |                 |

### 3. LENGTH OF APPOINTMENT

The appointment will be for two years (negotiable), beginning 1 June – ending 31<sup>st</sup> May.

The two year period is designed to match the normal appointment periods of national

team coaches.

The appointment period may be shortened, but only under exceptional circumstances.

#### **4. PERFORMANCE REVIEWS**

Program and performance evaluations will be handled between the coach and the National Coaching Coordinator or his/her designate on an annual basis after the World Senior Men's Championship.

Team results, annual coach evaluations, and ongoing feedback will be used as components of the performance evaluation.

#### **5. ACCOUNTABILITY**

The Strength and Conditioning Coach is accountable to the NZIHF through the National Coaching Coordinator.

#### **6. DUTIES AND RESPONSIBILITIES**

##### **A. General:**

The Strength and Conditioning Coach is to work with the National Team Coaches, and Regional Coaches, and other team staff.

All planning and administration shall be done in conjunction with the NZIHF / NCC / National Teams PH and with Regional Presidents and coaches.

##### **B. Strength and conditioning programme:**

Develop a strength and conditioning programme for male and female ice hockey players of all ages.

Provide model exercises in a simple format that players can follow without supervision.

Distribute this programme around the regions and coaches, and support its implementation by demonstrating to coaches and players as appropriate.

Liaise with coaches to assist them to implement the programme with their team.

##### **C. Strength and conditioning testing:**

Design a strength and conditioning test suitable for male and female ice hockey players of all ages.

Distribute this programme around the regions and coaches, and support its implementation by demonstrating to coaches and players as appropriate.

## **D. Game support**

Develop guidelines for the NZIHF on pre- and post- game activities, including nutrition, warm-up and warm-down, recovery, rest-day activities etc.

Distribute this information to regions and coaches and support its implementation.

## **7. PERSONAL ATTRIBUTES**

Represent the NZIHF in a professional manner at all times.

Project an exemplary model of conduct and sportsmanship to all athletes and staff.

Treat all coaches and players with respect, communicating in a positive and constructive manner.

Attend clinics and other professional development sessions, to improve personal skills.

Agree and adhere to the NZIHF Coach's Code of Conduct.

Strong team work and communication skills.

## **8. KNOWLEDGE, SKILLS, AND ABILITIES REQUIRED**

Understanding the required direction for New Zealand ice hockey.

Ability to foster a cooperative work environment.

Ability to communicate effectively, both orally and in writing.

Strong interpersonal and communication skills and the ability to work effectively with a wide range of constituencies in a diverse community.

Demonstrate sound knowledge of best practice around fitness, sports nutrition, fitness testing, and warm-up and warm-down procedures.

Ability to make administrative / procedural decisions and judgments.

Ability to monitor the development of players, and provide feedback to coaches.

## **9. COMMUNICATION & LIASION**

Liaise with the National Coaching Coordinator on all matters.

## **10. REPORTING STRUCTURE**

The Strength and Conditioning Coach is responsible to the NZIHF National Coaching Coordinator.

The Strength and Conditioning Coach must submit a report on their activities to the Annual General Meeting of the NZIHF.

## **11. QUALIFICATIONS**

The successful candidate for the New Zealand Strength and Conditioning Coach will be eligible to work in New Zealand and have the following credentials:

- A qualification in personal fitness or similar.
- Ice hockey experience
- Able to travel outside of New Zealand
- CV to be supplied
- Must reside in New Zealand for at least 9 months of the year

## **12. TERMINATION OF APPOINTMENT**

If for any reason the terms of the contract are not able to be fulfilled, either party may terminate it by giving one month's notice to the other in writing.

The NZIHF will reserve the right to shorten the term should circumstances require.

In exceptional circumstances, the Strength and Conditioning Coach may resign early after only one year by written notice to the NZIHF President, prior to May 31st of the second year of term. This is to allow time for the position to be advertised and filled for the following year.