



NEW ZEALAND ICE HOCKEY FEDERATION

National U20 Men's Team Strength & Conditioning Coach

Position Description

LENGTH OF APPOINTMENT

The appointment will be for one year (negotiable) reviewed annually, beginning 1st June - ending 31st May.

The appointment period may be shortened, but only under exceptional circumstances (see Termination of Appointment).

PERFORMANCE REVIEWS

Program and performance evaluations will be handled between the coach and the President or his/her designate on an annual basis after the World U20 Men's Championship.

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

FUNCTIONS

In accordance with the policies and procedures of NZIHF the primary functions of the National U20 Men's Strength & Conditioning Coach are as follows:

- To assist the Coach of the National U20 Men's Team.
- To develop a strength and conditioning plan for members of the National U20 Men's Team.
- To implement the strength and conditioning plan through fitness testing and the development of individual and team fitness plans.
- To work with the players to ensure that they are in the best physical condition to compete.

ACCOUNTABILITY

The National U20 Men's Strength and Conditioning Coach is accountable to the NZIHF through the National U20 Men's Team Coach to the Portfolio Holder (PH).

DUTIES AND RESPONSIBILITIES

1. General:

The Strength and Conditioning Coach is to work with the National U20 Men's Team Coach, Manager, and other team staff.

All planning and administration shall be done in conjunction with the NZIHF / NCC / National Teams PH and with the Team Manager and other team staff.

2. Selection:

Attend league rounds as requested by the head coach.

Attend selection camps as requested by the head coach.

Assist the coaches in selection by identifying player strengths, weaknesses, and potential in the areas of strength and conditioning.

3. Training and Planning:

Design a strength and conditioning plan (including dates) sufficient to prepare the team for their expected competitions 4 months prior to the World Championships.

The strength and conditioning plan should reflect the age of the players, consideration for the specific needs of ice hockey, and best practice in the field.

In consultation with the head coach, design a dry land based programme for selection and training camps, world championships, and home-based training 1 month prior to the selection camp.

Provide these plans to the Team Coach and Manager.

4. Player Strength and Conditioning:

Test each player at selection camp to provide a baseline.

Develop a fitness plan for the selected team.

Modify this plan as required for individual players.

Provide model exercises both in person, and at distance to ensure maximum benefit and safety for players.

Liaise with each team member's personal coach / personal trainer to provide an optimum training environment if required.

Liaise with the head coach to report on player testing baseline, subsequent tests, and general impressions on player work, attitude, and fitness.

During training camps provide guidelines to the team on pre- and post- game activities, including nutrition, warm-up and warm-down, recovery, rest-day activities etc.

In consultation with the head coach lead the above as required.

PERSONAL ATTRIBUTES

Represent the team in a professional manner at all times.

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

Demonstrate sensitivity to athlete's mental and physical well being.

Develop teamwork, morale, sportsmanship, courtesy, fair play, and strict adherence to rules of training and conduct.

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

Guarantee a safe, equitable, positive, and encouraging environment for all athletes to excel.

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

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

KNOWLEDGE, SKILLS, AND ABILITIES REQUIRED

In-depth knowledge of fitness testing, strength and conditioning training, warm-up and warm-down, athlete preparation best-practice procedures, with a particular focus upon 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 the current rules and regulations, ie IIHF & NZIHF.

Knowledge of athletic recruitment and retention methods and techniques.

Knowledge of NZIHF and IIHF regulations and guidelines governing the recruitment and qualification criteria of athletes.

Ability to read, understand, follow, and enforce safety procedures.

Monitor the strength and conditioning training programs of National U20 Team members.

Record and chart individual performances as required. Make these performance records available to the players, NZIHF/PH and NCC annually.

COMMUNICATION & LIASION

Ensure through the Team Manager that each athlete is aware of the time and place of the events relating to this position.

REPORTING STRUCTURE

The NZIHF Coaching Staff is directly accountable to the Head Coach.

The Head Coach is responsible for delegation of coaching tasks to the Strength and Conditioning Coach.

DEVELOPMENT

Contribute to the NZIHF National Coaching Accreditation Program and long-term athlete development plan.

The job description listed is meant as a guideline and, in absence of specific direction, the Coaching Staff understands that they must make responsible decisions and must act on those decisions to ensure that NZIHF goals are met.

REPRESENTATION

Act as an ambassador for the NZIHF on technical matters relating to the National U20 Men's Ice Hockey Team.

Represent the NZIHF where possible at National Championships, coaching seminars, and other promotional functions including media events upon reasonable request.

Act at all times in a manner that will enhance the reputation, image, character and presence of NZIHF and the team/s.

QUALIFICATIONS

The successful candidate for the New Zealand National U20 Men's Team Strength and Conditioning Coach will be eligible to work in New Zealand and have the following credentials.

- Qualifications as a personal trainer or similar
- Playing experience preferable
- Coaching 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

Other skills

- Strong team work skills
- Excellent interpersonal communication skills

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 months notice to the other in writing.

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

In exceptional circumstances, an appointed Team Official may resign early after only one year by written notice to the NZIHF National Coaching Coordinator, 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.

