



# Athletic Development Lead Coach

The Wexford GAA High Performance Plan for Hurling was designed in conjunction with key stakeholders and has been fully ratified by County Committee.

The aim is to create a high-performance environment where sustained success can be achieved, alongside a progressive approach to player and coach development and participation.

Declan Browne has been appointed as Director of Athletic Performance. Declan is the Programme Director for the MSc Strength & Conditioning in South East Technological University. Through our partnership with SETU, Declan's responsibilities within his current role have been changed to include his responsibilities as Director of Athletic Development within our High-Performance Plan for Hurling

Wexford GAA now aim to recruit a lead Athletic Development Coach, reporting to Declan, and a Coach & Player Development Manager to commence the implementation of the High-Performance Plan for Hurling.

## The Role

The successful candidate as Athletic Development Lead Coach will be responsible for the implementation of the Athletic Development aspect of the Wexford GAA Hurling High-Performance Plan. This will involve the development and delivery of an athletic development pathway within Wexford GAA, and to report on the implementation of this across all post primary age groups. This shall be a lead role within a multidisciplinary team oriented towards progressive performance improvement. The post-holder shall oversee all aspects of the athletic development pathway including needs analysis; planning, programme design, programme delivery and monitoring.

The post holder will be required to work 39 hours per week, which will include weekends and evenings, and the hours may vary depending on workload and seasonal changes.

## Key Responsibilities

### Key Tasks

- Oversee the delivery and roll out of an Athletic Development Programme to post-primary schools and talent academies in the county to ensure there is a coherent approach towards the area of physical literacy and fitness.
- To deliver education seminars to coaches, athletes and parents/guardians on the topics of athletic development in order to improve performance standards within Wexford GAA.

- Organise and develop the roll out of athletic development workshops to key stakeholders (schools and clubs) throughout the county to develop a synergistic player centred holistic pathway.
- Assist the implementation of agreed games development programmes in clubs, schools and other units of the GAA in Wexford.

#### Other Areas of Responsibility

- To be responsible work in conjunction with the County Games Manager and Games Development Administrators in establishing a viable talent academy structure to enhance player development in the county.
- Manage a database of players to include fitness testing results, training data and record of injuries.
- Prepare reports on the athletic development and physical fitness of players and teams.
- Responsible for the provision of education and training support to talent academy coaches with particular emphasis on GAA specific strength & conditioning, together with use of the wider support team in respect of hydration & nutrition as well as performance analysis.
- To work in collaboration with other service providers to deliver integrated player pathway programmes that positively impact on performance across various Wexford teams/squads.
- To provide advice and monitor player's diet and nutrition programmes.
- To provide performance analysis support to talent academies and clubs if appropriate.
- Build and maintain excellent working relationship with 3rd Level college(s) and to identify potential students to support the programme.
- To support other Wexford GAA staff in the development and implementation of research projects in the field of player development.
- To develop and maintain an approach to best practice premised on current applied research, informing wider development within Wexford GAA.
- To engage in a community of practice such as in-service workshops, CPD opportunities and provide mentorship to student placement coaches in the area of athletic development.
- Provision of GAA specific training and technical support to County Talent Academy Coaches and players, to include the components of physical fitness, diet and nutrition.
- To provide appropriate player education programmes in conjunction with the full time GDA
- The job holder will also undertake any other such projects or responsibilities as deemed appropriate by their manager.

## Requirements

- Appropriate third level qualification (Sport Science, Strength & Conditioning, Physical Education etc).
- At least 3 years' experience of athletic development within the GAA or similar sporting organisation (Voluntary or Professional Capacity).
- A recognised professional accreditation in the field of athletic development or Strength & Conditioning. (UKSCA, CSCS, ASCA or equivalent)
- Demonstrable experience of athletic development and reports to inform planning and decision-making.
- Recognised and up to date First Aid and CPR certification



- Exceptional interpersonal, communication and influencing skills.
- Ability to build and sustain good relationships and manage conflict.
- Excellent administrative and IT skills with a strong working knowledge of IT related packages and systems.
- Ability to effectively manage multiple projects and deadlines; hands-on approach to getting things done.
- Clear and detailed knowledge of the GAA's coaching schemes and initiatives.
- Own car with a full clean driving licence.
- Ability to work and attend evening and weekend meetings/activities in addition to normal day to day activities.

Candidates interested in the above role can apply by submitting an up-to-date cover letter and Curriculum Vitae to [gavin.odonovan.wexford@gaa.ie](mailto:gavin.odonovan.wexford@gaa.ie).

The deadline for the receipt of applications is Wednesday, 29 June 2022.

Wexford GAA is an equal opportunities employer

