



An Dún

CUMANN LÚTHCHLEAS GAEL COISTE CHONTAE AN DÚIN

JOB DESCRIPTION

Job Title:	Down GAA Head of Athletic Performance
Reporting to:	County Secretary
Location:	County Board Offices, Castlewellan
Salary:	TBC
Duration of Post:	Initially for a one-year period, with the possibility of extensions (Probationary period 6 months)

Main Purpose of Job

The person appointed shall be responsible for the delivery of all aspects of Strength and Conditioning (S&C), fitness and sports science in Down GAA including planning, programme design, programme delivery and monitoring. The post-holder will work across the coaching and games development team creating evidence to assess impact of programmes and investment.

Main Areas of Responsibility

1. The implementation of this programme across all football and hurling teams in the county player pathway (academies to senior teams).
2. The management of all strength and conditioning staff to ensure consistency of approach and progression across all players and teams in the player pathway.
3. The delivery and reporting back on agreed KPIs for athletic development.
4. Meeting with medical staff and team managements and discussion on player management and implement return to play protocols for injured players.





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5. The upskilling of staff within the County to allow them to develop to the stage where they can undertake and supervise S&C sessions.
6. Maintain player statistics, GPS, fitness tests and provide feedback to medical teams, team managers and coaches and the Games Development Manager.
7. Ensure adherence to National and Provincial Policies around player management.
8. They will work to develop a team of people who can competently deliver the programme that he/she puts in place.
9. They will develop personally and professionally all personnel involved in the delivery of the programme and to encourage others to attain relevant qualifications.
10. They will assist in the upskilling and development of programmes across the schools and clubs in Down.
11. They will engage with provincial and national strength and conditioning and sports science personnel to ensure national policy is implement and standards embedded.
12. Maintain effective communication with other disciplines and stakeholders across the player pathways.
13. Attend relevant meetings and be actively involved with decision-making around player progress through the player pathways as required.
14. Work closely with the Games Development Manager to ensure a consistency of approach, in the implementation of programmes across the player pathway.
15. Promote and maintain good staff relations, developing strong values and a culture and environment for excellence.
16. Engage with clubs and schools to establish their specific needs in relation to athletic performance and engage to put a plan in place to enhance the environment.

Administrative responsibilities

In support of the role the successful candidate shall:

1. Maintain records and reports that profile players and that can be communicated to coaches and players to help track the player's journey through the player pathway.
2. Report to the County Secretary (as his/her Line Manager) with day to day engagement with Games Development Manager.





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3. Report to County Management and County Committee in written form on a monthly basis.
4. The head of Athletic performance will also have responsibilities for ensuring routine inspections of equipment being used and will have a good knowledge of quality assurance procedures.
5. He/she will deal with incidents and accidents in accordance with Down GAA policy and will accurately record and report any detail.
6. They will ensure safe professional practice for themselves and others by adhering to legislation, regulations and standards.
7. Ensure safe professional practice in relation to the care and safety of any equipment used by Down GAA and actively contribute to the process of clinical risk management and take any appropriate action.

The above list is not exhaustive and may include any other reasonable duties as required and deemed appropriate to the post.





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PERSONNEL SPECIFICATION

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Criteria	Essential	Desirable
1. Qualifications and Attainments	<p>1.1 A qualification at degree level in Sports science or related subject.</p> <p>1.2 A qualification in strength and conditioning.</p>	<p>1.3 Evidence of having carried out a research project in third level on a related challenge or issue.</p>
2. Relevant Experience	<p>2.1 At least 1 years' full-time experience or two years (24months) part-time in the provision of strength and conditioning to players, teams or coaches used to improve performance.</p> <p>2.2 Ability to manage, measure, and analyse performance and develop, communicate and implement programmes that will enhance players performance across the player pathway.</p>	<p>2.3 Knowledge and experience of programmes used to track workloads.</p>





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3. Special Aptitudes	<p>3.1 Demonstrate the ability to use your knowledge of S & C to inform decisions with players/coaches/ teams.</p> <p>3.2 Demonstrate the ability to use Deliver testing, video analysis, GPS And other areas to support high Performance.</p> <p>3.3 Demonstrate the ability to work with A number of services to support Performance and high-performance Teams.</p>	<p>3.5 Evidence of having worked with stakeholders across different sectors (schools/ clubs/ university/ county).</p> <p>3.6 Evidence of delivering athletic development and or sports science related workshops to coaches.</p>
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4. General Intelligence and Disposition	<p>4.1 Demonstrate the ability to work independently and under pressure.</p> <p>4.2 Demonstrate the ability to problem solve and make decisions.</p> <p>4.3 Ability to make presentations in a clear, concise and effective manner.</p>	<p>4.4 Demonstrate the ability to build relationships and develop networks.</p> <p>4.5 Demonstrates the ability to mentor individuals.</p>
5. Circumstances	<p>5.1 Ability to work unsocial hours at evenings, weekends and Bank Holidays</p> <p>5.2 Access to transport and able to undertake travel to meet needs of the post.</p>	





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The successful applicant will be expected to have a commitment to continuous personal professional development, be open minded, a team player and be highly motivated with a passion for research, sports science and sports development.



Seán Óg Mac Antsaoir , Runaí Coiste Chontae An Dúin
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