

## **International Programs Strength and Fitness Lead Role Description**

Reports to: USAFL National Program - General Manager

Key Links: USAFL International Program Director, International Program Head Coaches, Assistant Coaches, Medical Team Lead, Support Staff, Players, and Club Coaches

Direct Reports: Strength and Fitness team members (as deemed appropriate)

Employment Type: Volunteer

Position Duration: 3 years

The Role of the Strength and Fitness Lead is to ensure that all players have the appropriate fitness levels required when entering a formal international program event

### **Responsibilities:**

The Strength and Fitness Lead is responsible for the overall fitness of all international players.

The person must be able to demonstrate leadership of the national program values and behaviors, as well as that of the USAFL at all times.

The Strength and Fitness Lead will report to the International Program General Manager.

The Strength and Fitness Lead will be an integral member of the International Programs Football Department. The role will work closely with both Head Coaches (Freedom and Revolution), along with the assistant Coaches and Reserves Coaches. They will also work with the Program's Skills Development, Program Medical Team, and Programs Data Analytics teams.

### **Role Expectations:**

- Align to USAFL International Program Football & Coaching Strategy
- Develop and implement the USAFL International Program Strength and Fitness process. This will include a tracking matrix (or rubric) to track individual players strength and fitness levels and improvement. The tracking matrix should take into account an individual player's position
- Attend key games and events as outlined in the International Program Schedule, this includes training camps, Regional and National tournaments. Attendance at Games and international tournaments should be a goal, but does not preclude someone from this role
- Buying into and implementing the USAFL's International program Culture of player development and engagement. Work with the USAFL's Coach and Culture Advisors to ensure player strength and fitness is an integral part of how we approach the game
- Provide input into the USAFL International Program selection process relating to a player's strength and fitness results
- Attendance at USAFL Football Department meetings
- Participate in a Mentoring Program with an Australian Football Strength and Fitness Professional from Australia. If you do not currently have a mentor, the USAFL will match you with an appropriate mentor
- Develop an approach and a team of strength and fitness professionals to support the program. This could include specialist assigned to a specific team
- Communication: the following expectations outline the cadence of communication.
  - Fortnightly Program Leadership meeting
  - Fortnightly Football Department meeting
  - Monthly All Players meetings, as appropriate
  - Monthly Men's and Women's Player meeting with Coaches, as appropriate

The coach will be selected on a combination of criteria including:

- Previous AFL experience
- Appropriate strength and fitness related certifications
- Well-developed communication skills
- Leadership
- A demonstrated dedication to the USAFL
- Commitment to developing Australian Football in the United States and build new relationships with all relevant stakeholders

The Strength and Fitness Lead will be required to attend a certain number of regional camps per year as well as various selection games. This is a volunteer position. The appointed Lead will be required to pay the same proportion of costs as the players. Additional approved travel will be reimbursed. This position will be appointed to run through the end of 2026.