

JOB DESCRIPTION & RESPONSIBILITY STATEMENT:

ATHLETIC DEVELOPMENT INTERNSHIP - DERRY GAA

This is a voluntary role with training provided.

Duration: 12 - 24 Months

• ROLE AND PURPOSE OF POSITION

- To work closely with Derry GAA Head of Athletic Performance to assist with delivery of Strength and Conditioning (S&C), fitness and sports science in Derry GAA including; planning, programme design, programme delivery and monitoring.
- Oversee the implementation of this programme across a specific team.
- Deliver and report on agreed KPIs for athletic development.
- Liaise with medical staff and team management regarding injured players and reintegration into the main group.

• REPORTING RELATIONSHIPS

- Operational: Derry GAA Head of Games and Head of Athletic Performance
- The S&C Intern will report to Derry GAA Head of Athletic Performance on an operational basis ensuring effective and efficient operation of the professional strength and conditioning programme;
- Other county strength and conditioning coaches including other interns;
- County coaching staff and team management
- County Derry Doctors & Physiotherapists.

• KEY QUALITIES Desirable:

- Recognised degree or Higher National Diploma in Physical Education, Human Movement or Sports Science.
- A recognised Professional cert in strength and conditioning.

- A verifiable record of programme design and delivery of physical development programmes for adolescent and adult GAA players.
- An understanding of training science and data management as these pertain to current strength and conditioning practices in high performance sport.
- Vetting & Child protection training
- Practical coaching experience in speed and agility training;
- Although the above are desirables for the post, Derry GAA through the internship programme are committed to educating and training coaches to a suitable level.
- **GENERAL RESPONSIBILITIES**
General areas of responsibility include:
 - Working in conjunction with all other staff members in implementing the strength and conditioning programme for underage and senior players.
 - Establish and achieve set KPIs for gym and pitch based performance markers.
 - Maintain player stats – GPS, fitness tests, body weight and body composition and progressions:
– copies to coaching staff/physio/doc etc.
 - Be active in on-going professional development.
 - The hours of work will comprise evenings and weekends and will reflect the nature of the GAA training schedule.