

# Job Description Sports Performance Coach

HiFlex Physio

## General

Sports Performance Coaches at HiFlex Physio work with athletes and clients of all ages and levels to help them achieve their athletic goals. They will design and implement customised training programs tailored to meet the needs of each individual. These programs may cover training for specific events, improving overall performance or as part of a recovery regimen from physical injuries.

With a focus on sports science and kinesiology, a Sports Performance Coach must stay up to date with the latest research and developments in sports performance training to ensure that our clients receive the best possible care.

## Key Responsibilities

- Design and implement training programs focused on developing athletic performance for individuals or teams.
- Conduct fitness assessments and develop individualised training plans based on the gathered results.
- Provide feedback and guidance to athletes and clients to ensure proper form and technique.
- Monitor progress and make adjustments to training plans as needed.
- Collaborate with other coaches and staff members to create a cohesive and effective training environment.
- Stay up to date with the latest research and developments in sports performance training and incorporate them into training plans as appropriate.
- Communicate with athletes, clients and their families as needed to provide updates on progress and address any concerns.

## Qualifications

- Bachelor’s degree in sports science, kinesiology, or a related field.
- Minimum of 3 years of experience working as a sports performance coach.
- Experience working with high-level athletes preferred.
- Experience with sports performance tracking software preferred.
- Certification in strength and conditioning, sports performance, or a related field.
- Demonstrated experience designing and implementing effective sports performance training programs.
- Strong communication and interpersonal skills.
- Ability to work effectively both independently and as part of a team.

- Excellent problem-solving and critical thinking skills.
- Ability to motivate and inspire athletes and clients to achieve their goals.

## Knowledge Requirements

- In-depth knowledge of sports performance training principles and techniques.
- Familiarity with the latest research and developments in sports performance training.
- Understanding of anatomy, physiology, and biomechanics as they relate to athletic performance.
- Familiarity with the use of performance testing equipment such as force plates, velocity-based training devices and GPS tracking systems.

## Working Conditions

- Full-time position with flexible hours to accommodate athlete’s schedules.
- May require travel to competitions and events.