

Role Statement

Physical Preparation Coach

Classification Level:	PO2	Agency:	Office for Recreation, Sport and Racing
Position Number:	P16242	Division:	South Australian Sports Institute
Direct Reports:	0	Business Unit:	Physical Preparation
ANZSCO Code:	4523	Reports to:	Head of Physical Preparation
Date Updated:	Oct 2026	Location:	Mile End

Organisation Overview

The Office for Recreation, Sport and Racing (ORSR) is the lead agency for the Government's policy on sport and active recreation. ORSR is responsible for State Government policy and legislation as it relates to the sector, its key programs, sport and recreation infrastructure and funding programs. The ORSR supports sport and recreation organisations, councils and the community through the development of policy, programs and resources, the provision of funding, recreation and sport planning, infrastructure development, elite sport pathways and programs, and the promotion of physical activity.

Division

The **South Australian Sports Institute (SASI)** is the High Performance Sports hub in South Australia. Its purpose is empowering people to achieve their sporting dreams and inspiring South Australians. SASI does this by:

- Providing the highest quality daily training environment, including embracing leading-edge technologies to optimise the performance of its people, programs, projects and partners.
- Optimising national representation and medal success on the world stage for South Australian-based athletes and teams.
- Pursuing excellence in practice, services and culture.
- Developing sustainable talent pathways for athletes and coaches.
- Enhancing the community's engagement with SASI.

Role Overview

The Physical Preparation Coach is responsible for supporting the Head of Physical Preparation in the development and management of the strength and conditioning team and ensuring elite high performance standards at both of SASI's high performance strength and conditioning facilities. This position will design, implement and deliver world class technical expertise in strength and conditioning support services for a range



of allocated SASI sports programs to effectively optimise the achievement of performance outcomes in an integrated inter-disciplinary performance team.

Key Outcomes of the Role

- Supporting the Head of Physical Preparation in all aspects of the delivery of strength and conditioning support within SASI including but not limited to staff management, facility management and establishing and maintaining a positive team culture.
- Supporting and contributing to the professional development process for strength and conditioning staff including directions and standards, and engagement with the wider Institute and National Sporting Organisation network and other international colleagues.
- Designing and implementing high quality specialised strength and conditioning programs in partnership with coaches and other sport science providers. These programs include, but are not limited to, strength and power enhancement, speed enhancement, agility and movement skills refinement, endurance capacity increases and injury prevention/rehabilitation.
- Driving a culture of continuous improvement by constructively challenging coaches to develop appropriate strategies to achieve objectives of continued athlete development and performance.
- Facilitating conflict resolution and management of issues impacting on athlete performance while proactively contributing to performance teams through individual accountability, sharing information, involving team members in decisions and demonstrating commitment to the team.
- Supporting a learning environment which enable coaches and athletes to gain insights through physical and performance variables which assess training program effectiveness, informs program design and competition strategies and contributes to a multi-disciplinary approach to athlete/event profiling.
- Establishing and maintaining effective partnerships with key internal and external stakeholders to deliver high quality outcomes and assist in the delivery of quality advice and reporting on relevant issues to senior management.
- Ensuring adequate monitoring and reporting in relation to athlete program design, athlete attendance and adherence, testing and monitoring reports, program review and facility updates.
- Contributing to a safe, diverse and healthy work environment free from discrimination and harassment by working in accordance with legislative requirements, the Code of Ethics for the South Australian Public Sector, equal employment opportunity and departmental human resource policies, including Child Safe, Anti-Doping and Work Health Safety and Wellbeing requirements.

Special Conditions and Essential Requirements

- This role has been classified as a position of trust, and a 'prescribed position' under the *Child Safety (Prohibited Persons) Act 2016*. The incumbent is subject to a satisfactory Department of Human Services Working With Children Check (WWCC) in line with departmental criminal history screening policies and procedures.



- Work outside normal office hours and intra and interstate travel is required.
- Current driver's licence.

Qualifications / Licences

Essential

- Tertiary qualification in Exercise, Health, Sport Science or related field.
- ASCA Level 2 Accreditation or international equivalent.
- Minimum 5+ years' experience in the provision and application of strength and conditioning services to elite athletes and/or high performance programs.
- Senior First Aid and resuscitation certificate (or willingness to complete).

Desirable

- Post-graduate qualification in Exercise, Health, Sport Science or related field.

Person Capabilities

- Extensive experience in the provision and application of strength and conditioning support and proven experience interacting with high performance coaches and athletes.
- Demonstrated ability to modify and develop programs according to the results of a needs analysis including athlete assessment, muscular-skeletal, dynamic profile and injury history, in conjunction with the technical coaches and other support staff, while adhering to first training science principles.
- Highly competent in applying the principals of long-term athletic development, within context of system and pathway as well as programming and planning.
- Demonstrated ability to diagnose, plan and deliver multi-discipline solutions to complex performance problems.
- Demonstrated technical expertise in the maintenance, technical operation and related procedures / protocols of sport science equipment and facilities.
- Highly developed communication skills and proven ability to build and maintain effective relationships both internally and externally with a diverse range of stakeholders.
- Experience in mentoring strength and conditioning providers, showing the ability to work and lead in an environment of psychological safety.
- Experience in managing a dedicated strength and conditioning training space, and the ability to prioritise the performance needs of the users of that space.
- Demonstrates a commitment to communicating and facilitating cultural change by influencing staff and athletes to actively engage and exhibit behaviours reflecting the SASI HP strategy values including:

- **DRIVE** - We're bold and courageous, empowering athletes to push harder, go further and be relentless in pursuit of their dreams.
- **TEAM** – Connected by a mutual love of sport, we build trusting, caring relationships that help bring our shared dreams to life.
- **EXCELLENCE** – Our professional and dedicated team are as committed to your success as you are. With innovative training methods and world class facilities, we have established a proven breeding ground for greatness.
- **PRIDE** – We love what we do, and we do it with passion. That passion and energy is contagious as we try new things, always learning and growing.
- Demonstrated ability to work respectfully and effectively with Aboriginal and Torres Strait Islander people and an understanding of Aboriginal cultural values and social issues and ensuring programs and services are accessible and meet Aboriginal community needs.

Corporate Responsibilities

Exhibits behaviours and demonstrates commitment and accountability to:

- Keeping accurate and complete records of business activities in accordance with the *State Records Act 1997*.
- Maintaining a commitment to the *Public Sector Act 2009*, Ethical Conduct and the legislative requirements of the *Public Sector Act 2009* and *Work Health and Safety Act 2012*.
- Supporting and advocating Equal Employment Opportunity (EEO) and diversity in the workplace in accordance with EEO legislation. In particular, maintaining a commitment to promote an inclusive workplace in support of Aboriginal and Torres Strait Islander people and other under represented groups.

Delegate Approval

Name

Signature

Date: / /

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