

**SCHEDULE A**  
**Schedule of Services**

The Contractor shall provide the following Services:

<b>Position Title:</b>	<b>Strength and Conditioning Coach</b>		
<b>Work Area:</b>	High Performance	<b>Reports to:</b>	WBOP Magic Head Coach, WBOP Magic GM, NNZ S&C Lead
<b>Primary Location/s:</b>	Tauranga		
<b>Employment Status:</b>	Independent Contractor – fixed term TBC February 2025 – 31 August 2025		

<b>Primary Purpose of Position</b>
<ul style="list-style-type: none"> <li>○ Deliver out of season strength and conditioning services for contracted WBOP Magic players towards success in the 2025 ANZ Premiership (ANZP)</li> <li>○ Deliver additional strength and conditioning sessions for Tauranga based Silver Ferns as required for the term of the contract.</li> </ul>

<b>Responsibilities &amp; Measures</b>	
<b>Key Accountabilities</b>	<b>Critical Factors</b>
WBOP Magic physical preparation	<p>Develop individualized strength and conditioning plans for WBOP Magic Squad members in consultation with Head Coach and Physiotherapist, based on players medical status and position specific requirements as identified in the Physical Conditioning Framework.</p> <p>Work with WBOP Magic coaching and management staff in the 2025 season planning process with specific responsibility for loading and structure to deliver optimal physical performance.</p>
NNZ strength and conditioning liaison	<p>Deliver regional strength and conditioning sessions in the WBOP Magic region for Silver Ferns and Silver Ferns Development Squad players as required under the direction of the NNZ national S &amp; C lead.</p> <p>Share identified physical assessment data with NNZ as required by Silver Ferns coaching staff, selectors, medical team and strength and conditioning coach.</p>
Player pathway physical prep	<p>Provide leadership and oversight to connect S&amp;C practice through the netball athlete pathway from pre high performance to the Silver Ferns.</p> <p>Advise and oversee the S &amp; C programs for pre high performance campaigns e.g. SHNL</p>

<b>Key Relationships</b>	
<b>Internal</b>	<b>External</b>
WBOP Magic Players Head Coach Team Physiotherapist Team Doctor Team Manager	NNZ S&C Lead ANZP S&C Leads HPSNZ Regional Staff

General Manager	
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Staff Reporting	
Paid	Volunteer
Nil	Interns as may be engaged from time to time

Delegation of Authority	
Nil	

Core Competencies, Skills & Qualifications/Experience	
Competency	Descriptors
<b>Specialist Knowledge &amp; Experience</b>	<ul style="list-style-type: none"> <li>• Experience leading High-Performance Athlete strength and conditioning, domestic or regional programmes, in a team environment.</li> <li>• Relevant Sports Science degree (or similar), preferably to post-graduate level and strength and conditioning accreditation (ASCA, NSCA, NZSCA)</li> <li>• Detailed understanding of strength and conditioning and injury prevention in performance environments with experience undertaking GPS / Accelerometer data collection and reporting desirable.</li> <li>• Experience working with athlete development.</li> </ul>
<b>Communication &amp; Interpersonal Skills</b>	<ul style="list-style-type: none"> <li>• Strong written and verbal communication skills</li> <li>• Proven ability to lead and influence others to achieve desired results</li> <li>• Self-directed learner and capable of working autonomously</li> <li>• Demonstrated record in identifying and developing strong athlete development programmes</li> <li>• Experience in influencing change in attitudes, behaviours and processes, planning and leading change.</li> <li>• Experienced in building positive relationships with other S&amp;Cs and is part of a collegial network of experts</li> </ul>
<b>Collaboration with Team Management</b>	<ul style="list-style-type: none"> <li>• Openly shares expertise and knowledge with the management group for performance.</li> <li>• Meet regularly with the Head Coach and Physio to collaborate on agreed performance principles.</li> <li>• Ensure S&amp;C programming fits into the overall campaign performance plan.</li> <li>• Attend planning and management meetings, and all agreed team and skill training sessions. Provide timely communication and reports after meetings and sessions, as requested by the Head Coach.</li> <li>• Once management decisions are made, promote an aligned and single message to the athletes.</li> </ul>
<b>Empathy &amp; Passion for Sport</b>	<ul style="list-style-type: none"> <li>• Can work in a dynamic and unpredictable environment.</li> <li>• Understand there is an expectation to integrate practice into the netball environment.</li> <li>• Desire to learn about the sport of Netball and its context.</li> </ul>

Other
<ul style="list-style-type: none"> <li>• Some weekend work is an expected part of the position's requirements</li> </ul>