



JOB TITLE

ACT Head State Coach

PURPOSE OF THE POSITION

To provide coaching expertise and leadership to ACT State Squad athletes, ACT State Coaches, and grassroots participants to enhance the level of judo in the ACT and ensure positive performance results at major tournaments and the National Championships.

To implement approved Technical Programs and Initiatives of ACT Judo.

REPORTS TO

The ACT Judo President.

KEY RESPONSIBILITIES & DELIVERABLES

Create an elite performance and high performing environment that optimises athlete performances and success; ensure the training facility and activities are risk assessed and appropriate control measures are in place to protect the welfare and safety of athletes.

Work directly with appointed ACT State Coaches and the appointed State Manager to support the development and delivery of technical programs that are under the ACT's jurisdiction.

To undertake quarterly performance reviews with coaches: agree & monitor action plans for improvement.

To report bi-monthly on the progress of identified high performance ACT athletes.

To lead and manage ACT teams (staff and athletes) at competition and preparation camps as directed and agreed with ACT Judo and produce post event detailed reports on athlete's performances.

To perform an ambassadorial role for ACT Judo with all stakeholders at all times, thereby maintaining and enhancing the reputation of the ACT.

Provide technical information and communications for posting on ACT communication channels.

COACHING RESPONSIBILITIES

- Conducting training camps and State training where competition skills are demonstrated to athletes and coaching techniques are demonstrated for coaches - a schedule to be posted on the ACT Judo website to provide notice to athletes and coaches in the State.
- Responsible for the planning and delivery of all ACT Judo Performance Program activities.
- Work with ACT Judo to effectively manage Centres of Development.



ACTIVITIES

- Prepare the training camp plan leading into the Nationals with agendas (periodisation).
- Run high level training squads in various locations.
- Give instruction on advanced skills.
- Present tactics and strategies.
- Organise location of camps.
- Team building.
- Develop annual training programs for designated high performance ACT athletes in coordination with Club Coaches, this involves evaluation of the athlete's judo fitness and test for improvements, creating individual yearly training plans (in/out of season) Note: the training programs should be specific to the person and to their current goals. These programs should include, but are not limited to:
 - weight training
 - cross training
 - nutrition
 - goal setting
 - relaxation / focus techniques.
- Prepare performance reports or summaries.
- Liaise with the ACT Committee and State Coaches on the effective management of State Squad Training and other ACT Judo activities as required.
- Frequently communicate with interested and approved parties (personnel, judo clubs, athletes), providing them with updates on programs offered by ACT Judo, as well as technical updates, tournament flyers, etc.
- Observe and assess the local judo environment to identify areas that could be improved.
- Mentor and coach the ACT coaches/instructors in the region.
- Scout the region for potential exceptionally talented competitors and contact their Coaches with information needed to improve the athlete's chances to progress and succeed at elite competitive level. Athletes so identified should be offered in conjunction with the club coach an individualised training program.

VALUES AND BEHAVIOURS

Excellence

Leads by example and always seeking to improve personal performance and finds ways to champion the pursuit of excellence in others.

Integrity

Lives and upholds the highest standards of professionalism and ethics.

Trust

Generates trust in the method, creates an open and honest environment and is highly supportive of others.

Respect

Actively listens to the views and opinions of others and attends to what others need in order to perform.

Unity

Collegiate and collaborative creates shared goals and taps into what motivates those around them.



SKILLS, KNOWLEDGE, TRAINING and EXPERIENCE

As a minimum completion of “Coach Judo” CAF accreditation with a minimum of 3 years of experience coaching judo at the State level.

The candidate should be working towards IJF Instructor Level 1 certification, with IJF Instructor Level 1 being preferred and with IJF Instructor Level 2 being desirable.

Extensive and deep understanding of Judo specific technical and tactical expertise requirements across all development stages.

The knowhow to develop and plan individual training and competition periodised plans and integrate coaching, and sports science to prepare athletes to succeed with clearly defined annual goals.

Thorough understanding and appreciation of Australian class Judo standards.

Ability to work effectively as part of a team of coaches.