



WSA SOCCER Performance Director

OVERVIEW

The Club Sports Performance Director will oversee development, safety, progression, nutrition, and techniques for training such, within our club's membership.

The applicant should have a degree or training in Exercise Physiology and demonstrate desire for continuing education, as new research, technology and studies avail themselves to improve methodologies.

The applicant must be proficient in basic Microsoft software (Word & Excel).

The job will require varying hours per week, with the average hours estimated to be 5 hours/week, with maximal hours peaking at 20 hours during registration periods, and 0 hours during holiday "offseason".

This is a service position. Applicant is expected to find needs, and to serve in those areas within the organization. Not all duties will be pre defined.

SPECIFIC RESPONSIBILITIES PERFORMANCE DIRECTOR

- ✓ Generate curriculum and materials to educate coaches on methodology for training athletes safely, towards progress in injury prevention, improved mobility, strength, power and agility.
- ✓ Create programs and help implement such towards athlete rehabilitation from various commonly occurring injuries from playing the sport of soccer.
- ✓ Direct programs specifically aimed at improving targeted athlete's sports performance.
- ✓ Collaborate with club Technical Directors to create proper periodization schedules that account for work volume and loads, intensity, rest and recovery, and are integrated into annual and biannual plans.
- ✓ Teach seminars to coaches on all of the above, to help expand the knowledge base, with the overall objective of empowering coaches in creating a safer player development environment, and a more informed physical development pathway for all athletes.
- ✓ Collaborate and interact with any medical staff on player's "return to play" protocols.

SPECIFIC RESPONSIBILITIES ADMIN. & LEADERSHIP

- ✓ Reply to communication and inquiries from club members related to the above.
- ✓ Participate in biannual budget to activate and then manage cost centers related to this function.
- ✓ Manage any staff required to assist in carrying out any of the duties above (i.e. assistant coaches).
- ✓ Participate in collaborative scheduling and management of scheduling of required facilities, around and integrated with the club's annualized schedule.
- ✓ Operate the club's software that connects players to their Sports Performance metrics (health, nutrition, overall well-being, etc).
- ✓ Carry out any benchmark testing, and integrate with the club's other testing results to provide feedback to athletes (i.e. concussion screening tests, etc).
- ✓ Promote and advocate for youth soccer, prioritizing safety for kids, experience for kids, and then instruction and development, while helping WSA North teams achieve success on the field.
- ✓ Promote, advocate, protect the WSA Brand, Mission, and Core Values.

COMPENSATION

Performance Director will be paid \$29/hour, up to 20 hours per week.