



香港棍網球總會有限公司

HONG KONG LACROSSE ASSOCIATION LIMITED

Unit B, 16/F, North Point Industrial Building, 499 King's Road, Hong Kong
Tel: 852-2114 5481 Fax: 852-3747 8599 Email: info@hklax.org Website: www.hklax.org

Strength and Conditioning (Part-Time) Role Specification

The Hong Kong Lacrosse Association is the governing body of lacrosse in Hong Kong. Founded in 1993, HKLA is a member of the Federation of International Lacrosse (FIL), Asia Pacific Lacrosse Union (APLU), as well as Sports Federation & Olympic Committee Hong Kong, China (SF&OC).

Job Title: Strength and Conditioning Coach (Part-Time).

Remuneration: Salary to be discussed at interview. Commensurate with experience and qualifications.

Future Opportunities: HKLA is a growing organization and has a constant need for new employees. A successful assistant S&C coach will have the opportunity to progress to a full-time role in the 2023/2024 season.

Start date: 01/11/2022 (There will be onboarding sessions 1-2 weeks prior).

Hours: 16-20 hours per week. This includes meetings with coaches, gym and field sessions.

Location:

Gym sessions: HKLA gym in North Point

Field sessions: Different locations on both Hong Kong Island and Kowloon. Sessions are subject to change location at any time.

Reports to: Head of Strength and Conditioning, Wesley Wong.

Main Purpose of the role: To deliver strength & conditioning services to athletes in the Men's and Women's Elite Programs and Youth Programs. The candidate will also be solely responsible for the planning and delivery of S&C services to one team.

Principal Duties/Responsibilities:

- Lead the planning and delivery of S&C services to one team of up to 30 players
- Assist the delivery of S&C to additional teams
- Data collection, analysis, and management
- Attend weekly meetings with S&C coaches and Lacrosse coaches



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Desirable Qualities:

- Lacrosse experience or knowledge.
- Good communication skills are essential.
- A willingness to be proactive and think for yourself.
- Good problem-solving skills.
- Punctuality and reliability are key.
- This is **NOT** a role for someone who wants to be told exactly what to do and when to do it. We are looking for critical thinkers that can add value to our programs as well as gaining experience for themselves.

Qualifications and experience:

- A relevant degree in a (BSc or MSc) in sports science / S&C, or related area.
- CSCS from the NSCA, ASCC from the UKSCA or ASCA Level 1.
- Experience coaching both field and gym-based sessions
- Has been solely responsible for the S&C of a team for a season or calendar year.

Application and selection process:

Please send a copy of your CV and a covering letter that outlines what you want to get out of the internship program and the reasons why you would like the role to Wesley Wong at wwong@hklax.org and CC jluk@hklax.org

Interviews will be scheduled as soon as possible. The final closing date for applications is 10/10/2022.