香港棍網球總會有限公司
HONG KONG LACROSSE ASSOCIATION LIMITED
Unit 2201, 22/F, 88 Hing Fat Street, Causeway Bay, Hong Kong
Tel: 852-2114 3405 Fax: 852-3747 8599 Email: info@hklax.org Website: www.hklax.org

Strength and Conditioning Internship 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 Intern.

Remuneration: Expenses per day worked at a set rate to be provided. HKLA will also provide the exam for the Certified Strength and Conditioning Coach qualification from the NSCA dependent on good attendance and committing to the full season.

Future Opportunities: The HKLA is a growing organization and has a constant need for new employees. A successful intern from this year's program could step into a part time or full-time role in the 2021/2022 season.

Start date: 21/09/2020 (this may be affected by restrictions related to Covid-19)

Duration: 10 months

Hours: A minimum of 5 hours per week across two days. Will include evenings and weekends.

Location: Gym and Field sessions are at a number of locations on Hong Kong Island and Kowloon. Sessions are subject to change location at any time.

Reports to: Head of Strength and Conditioning, Yianni Kyriacou.

Main Purpose of the role: To assist with the delivery of strength & conditioning services to athletes in the Men's and Women's Senior Programs and Youth Programs.

Principal Duties/Responsibilities:

- Deliver S&C services to athletes across 4 teams
- Assist and deliver testing sessions ~3X per year
- Data collection and management
- Attend weekly meetings if overall schedule allows

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- Complete a monthly task that will expand practical knowledge base
- Be willing to study and work towards the Certified Strength and Conditioning Coach Qualification (CSCS) qualification from the NSCA.

Desirable Qualities:

- Lacrosse experience or knowledge.
- Ambition to become an S&C coach working in elite level sport.
- Good communication skills are essential.
- A willingness to be proactive and think for yourself.
- Good problem-solving skills.
- Punctuality and reliability are key.
- Some experience of coaching delivery to athletes (level of athlete / team is not important)
- 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:

- Graduate or currently enlisted on a relevant VTC course or Diploma.
- Graduate or currently enlisted on a (BSc or MSc) in sports science / S&C, or related area.
- Graduate or currently enlisted on a relevant degree course which has covered basic principles of anatomy and physiology e.g. Physiotherapy, Sports Therapy, Physical Education.

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 Yianni Kyriacou at ykyriacou@hklax.org and CC wwong@hklax.org

Interviews will be scheduled as soon as possible. The final closing date for applications is 18/08/20.