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National Youth Program – Strength and Conditioning – Expression of Interest

Ice Hockey Australia is investing in the National Youth Program, identifying strength and conditioning as a key enabler in our high-performance strategy.

IHA invites suitably qualified and experienced S&C providers to submit an EOI with supporting quote for the design and implementation of a national S&C program. The National Youth Teams included in the 'Program' compete in the following IIHF World Championships:

- U18 Women's – 2023 IIHF World Championship, Division II, Group A (Gold Medal).
 - 2024, IIHF World Championship, Division I, Group B.
- U18 Men's – 2023 IIHF World Championships, Division II, Group B (4th Place).
 - 2024, IIHF World Championships, Division II, Group B.
- U20 Men's – 2023 IIHF World Championships, Division III, Group A (Gold Medal).
 - 2024, IIHF World Championships, Division II, Group B.

Inclusions required in the proposal and quote:

- Strength and Conditioning – *Twelve-month program.*
- Mobility and Flexibility – *Training and competition.*
- Warm up/cool down – *Training and competition.*
- Recovery – *Training and competition.*
- Materials – *Video tutorials and manuals for technical/critical movements, housed on Hudl.*

NOTE – The S&C program will be for elite emerging athletes in a de-centralised environment (Australian and International athletes), aged 15yrs-20yrs. The role is not in the daily training environment, however, an initial assessment of the athlete/s is required virtually. Minimum qualifications – related undergraduate degree, with ASCA Pro Scheme Level 2, Professional Coach.

Applications close 31 May 2023. To apply:

1. ***Review the requirements for the proposal and quote.***
2. ***Provide a brief cover letter outlining your interest in the opportunity (one page maximum).***
3. ***Provide a current CV outlining experience, qualifications, and achievements (with two referees).***
4. ***Provide a proposal and quote based on the requirements.***
5. ***Address the application to IHA General Manager, adam.woolnough@iha.org.au with the role in the email subject line.***

Thank you for taking the time to consider this opportunity. For further information or questions, please email contact via email or phone.

Adam Woolnough

General Manager

Ice Hockey Australia

adam.woolnough@iha.org.au

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Ice Hockey Australia is a recognised National Sporting Organisation by the Australian Sports Commission. Ice Hockey Australia is a member of the International Ice Hockey Federation, Australian Olympic Committee, and Paralympics Australia.