

Applied Performance Coach – Industry Embedded PhD

Athlete Training and Health Overview

Our mission is to provide a world-class training environment for athletes and adults of all fitness levels utilizing learnings from our scientific research in human performance. Our forward-thinking approach to collaboration with hospital systems, professional sports teams, universities and independent school districts is setting new standards for health and performance training. We invest heavily in the post-graduate education of our coaches, who in turn develop evidence-led training programs that are guaranteed to deliver sustainable results. Our state-of-the-art facilities feature best-in-class turf fields, pro-style weight rooms and cutting-edge technology to exceed the needs of our athletes, communities and healthcare partners.

Position overview

As an Applied Performance Coach based in a Memorial Hermann facility (50%) and within the ATH Katy training center (50%), your role will be geared towards “hands-on” coaching in a clinical and performance environment. The role is split 2.5 days at each location. Primary responsibilities and a summary of each location include:

Memorial Hermann Memorial City ISMI: Coaching healthy athletes in creative ways to simulate biomechanics of their sport as well as injured athletes who plan to return to sport after injury and prevent re-injury. Assisting and observation of Physical Therapists will be your primary role as you integrate into this clinically based environment. Once you begin to take on referrals from Physical Therapists you will be expected to continue implementing coaching under their guidance to ensure patient safety and proper progressions/regressions. Performance coaches are responsible for internal customer service needs, with an emphasis on on-the-floor deliverables, supporting client management and internal retention sales operations. Within ATH Katy training center you will act as a performance coach

ATH Katy: As a Performance Coach, your primary role will be coaching of the Student, Forever and Rebuild Athlete populations. A major educational component of a performance coach during year 1 is completing the Athlete Training and Health mentorship program developed in partnership with Auckland University of Technology. Assisting all athletes in the training center to achieve their physical and psychological goals. Providing input and feedback to senior coaches to ensure athletes are working towards their goals. Participating in staff education specifically the ATH internship and mentorship in addition to other duties as assigned by senior coaches.

PhD Academic Research

Auckland University of Technology Overview – SPRINZ

The Sports Performance Research Institute New Zealand (SPRINZ) is New Zealand's number one rated sports research institute with a growing global reputation. SPRINZ is a group of dynamic and innovative researchers producing applied research in improving human health, sports performance and long-term athletic development. Each research group collectively contributes to the ever-expanding research, education and industry engagement, offering a collaborative approach to improved performance for the sport and recreation sector.

PhD Opportunity

In addition to the primary responsibilities listed a distinctive opportunity has been created for an academically strong, passionate and innovative applicant. The applicant must also possess a zeal for working in the areas of sports science, strength and conditioning and sports medicine, often initiating and leading collaborative efforts across respective entities and institutions. The PhD candidate will work primarily within the ISMI as stated above but will be afforded the opportunity to enroll within AUT should they meet the necessary academic entry requirements. Postgraduate studies are completed via a thesis by publication.

PhD Topic

The research focus of this PhD will be developing a return to play (RTP) framework with an emphasis on implementation of new technology and novel application of strength variables such as rate of force development, for improved diagnostics and better programming/exercise prescription. This PhD will require an extensive literature review, followed by a track of studies that: (1) establish the reliability of the novel technologies and measures utilized; (2) collect normative data and determine the utility of this information across different groups; and, (3) determine the acute and chronic effects of such an approach and in turn integrate this information into RTP framework. The research will be primarily supervised by ATH and AUT staff in addition to an advisory team of international experts in the field.

Terms and Conditions

ATH will fund one third of all tuition costs for all applied performance coaches and provide extended PTO (mission days) for offsite data collection, analysis and study related activity at the discretion of ATH. The industry embedded PhD is an opportunity facilitated and part funded by ATH in addition to providing full time employment throughout the duration of the research project. However, the applied performance coach's primary responsibility is not to undertake research during their working week, although specific time is allocated to writing, data collection and analysis, the majority of the work will be completed in addition to the primary responsibilities and outside their typical working week. Contracts will be renewed as long as the applied performance coach is in good standing with both ATH and AUT. Postgraduate scholarships and contract renewals are



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Breakdown of Role

- Coaching (60-70%) – On training floor
- Administration (10%) – Collection, reporting, measurement
- Product Development (10-15%) – Programming, research, development
- Staff Education (10-15%)

Qualification and Experience:

- AUT postgraduate research requirements
- BA/BS – Exercise science, sports science, kinesiology or health-related degree with research thesis.
- Preferred Master's degree in exercise science, sports science, kinesiology or health-related field having completed a research thesis.
- Minimum of 2 years coaching experience.
- Competency to judge exercises and use discretion in the development of exercise prescription.
- Strong level of IT skills to use various applications, technologies and software ranging from administrative (Microsoft office) to sporting technologies.

Personal Attributes:

- Dynamic personality: industrious, enthusiastic, adaptable and humble.
- High personal standards of health and fitness that reflect one's lifestyle habits and command the respect of co-workers and athletes.
- Good communication and relationship building skills, ability to work in a team environment.
- Open to personal development and growth through lifelong learning initiatives, both as a student and in teaching others. Ability to multitask; goal-oriented and self-directed.

Personal Circumstances:

- The successful candidate must be willing to work extended hours including early morning, evening and some Saturdays.
- Research responsibilities will primarily fall outside of typical working hours.
- The successful candidate must have authorization to work within the USA.

Contract Length:

- 12 months and will be renewed on a joint interview basis with AUT to determine both professional and academic progress. Salary – \$40,000 per annum.

Application:

- Send your resume, cover letter and a one-page summary of a proposed research under the headings listed below to align with the PhD Topic section of this advert to HR@athleteth.com. The deadline for applications is **September 19th**. The successful candidate should be willing to start no later than **Oct 11th**.
 - **Topic Outline** – As per PhD Topic Section
 - **Research Question and Methodology** – What is the overarching question and proposed methodology that guides this thesis?
 - **Research Benefits/Significance** - Provide a brief outline of the existing literature related to this topic and the benefits/effects your research direction may produce –for whom, why and in what way?.