846 Park Street, Arcadia, 0038, South Africa
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Registration No: 116-523NPO VAT No: 4690264637
NPC NO: 2023 / 212012 / 08

3. SPORT SCIENTIST/CONDITIONING COACH

3.1. JOB PURPOSE

To plan, implement, monitor and evaluate an evidence-based sport science and physical preparation programme that enables netball players to achieve and sustain optimal physical performance at elite and international level.

The position is responsible for developing the physical qualities required for high-level netball performance, monitoring athletes' responses to training and competition, supporting effective recovery, and contributing to the reduction of injury risk. The successful candidate will integrate sport science principles into daily training and competition preparation, using objective data, professional judgement and collaboration with the coaching and medical teams to inform decisions.

3.2. KEY RESPONSIBILITIES

1. Physical preparation and conditioning: Design, implement and evaluate individualised and team-based strength and conditioning programmes aligned with the physical demands of elite netball.
2. Develop position-specific conditioning strategies.
3. Individualise programmes according to player characteristics, fitness levels, positional demands, training history, injury history and competition schedules.
4. Manage and monitor conditioning sessions, including gym-based training, court conditioning, speed and agility sessions, and appropriate recovery activities.
5. Sport science assessment and performance testing: Develop and oversee a structured, evidence-based physical testing programme; Select practical assessment methods relevant to netball performance.
6. Communicate findings to players and coaches in an accessible, practical format.
7. Maintain accurate and confidential athlete testing records and performance databases.
8. Use appropriate tools and methods, such as session rating of perceived exertion (SRPE), training duration, heart-rate monitoring, GPS or local positioning systems where available, and relevant wellness measures.
9. Implement injury-risk reduction by incorporating evidence-based neuromuscular programmes.
10. Work collaboratively with the physiotherapist and medical team to understand injury patterns and address modifiable physical risk factors.
11. Competition preparation and tournament support. Assist with rubdowns.
12. Monitor playing exposure, match demands, fatigue and recovery between matches.

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13. Recovery and athlete well-being: Develop and implement appropriate recovery strategies in collaboration with the multidisciplinary team; monitor athlete-reported fatigue, sleep, soreness, perceived readiness and general well-being; educate players about the importance of recovery, adequate nutrition, hydration and sleep for performance and adaptation.
14. Remain informed about developments in netball performance science, conditioning, recovery and injury-risk reduction.
15. Work closely with the head coach and assistant coaches to align physical preparation with the team's technical and tactical objectives.

3.3. THE SUCCCESSFUL CANDIDATE SHOULD DEMONSTRATE:

A sound understanding of the physiological, biomechanical and neuromuscular demands of elite netball.
Knowledge of conditioning principles, periodisation and training adaptation.
Knowledge of athlete monitoring, workload management and fatigue assessment.
An understanding of landing, jumping, deceleration and change-of-direction mechanics. Knowledge of injury-risk reduction principles and the boundaries between conditioning and clinical practice.
Strong analytical and problem-solving skills.
Excellent communication and interpersonal skills.
The ability to work effectively under pressure in a high-performance environment.
Flexibility and adaptability in response to changing competition demands. Professional integrity, discretion and respect for athlete confidentiality.

3.4. QUALIFICATION

A relevant *postgraduate* qualification in Sport Science/Exercise Science, Strength and Conditioning..
A recognised strength and conditioning qualification is desirable.
Current first-aid certification.

The closing date for this applications is **16 November 2026 at 16h00.** Only shortlisted candidates will be contacted for interviews. Should you not receive a response to your application within 14 days after the closing date, please consider it as being unsuccessful. **Application should be sent to** dumisani@netball-sa.org.za

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