

Position Description



Position Title	AFLW Dietitian
Employee	
Department	AFLW- Physical Performance
Position Reporting to	
Employment Status	
Location	417 Barkly Street, Footscray, VIC, 3011
Date	

1. Position Purpose

This position will provide high performance individualised nutrition services to Western Bulldogs AFLW players. This role will maximise performance through nutrition by providing practical strategies, guidelines and policies, and support athletes and staff regarding the strategic timing of food and fluid for matches and training.

2. Reporting & Liaison

a. **Reporting to:**

b. **Positions Reporting to Employee: Nil**

3. Key Relationships

a. **Internal:**

AFLW Playing group, AFLW Coaching and football department staff, Executive Management Team, President & Board, Club Doctors, Match Day Medical Staff, Wider Football and Admin Departments, Sam Coppinger (AFL Dietitian)

b. **External:**

External Medical Professionals, AFL, Nutritional/Supplement suppliers, Catering staff, Hotel/ Venue staff

4. Key Responsibilities

No.	Key Responsibilities
(1)	Core Duties <ul style="list-style-type: none">• Develop and implement best practise nutrition programmes for the Western Bulldogs AFLW team and its players• Maintain the kitchen and dietitian facilities within the Football Department
(2)	Individual and Team Education <ul style="list-style-type: none">• Provide nutrition workshops for the team and individuals addressing nutrition education and hydration• Provide individual consultations at regular time intervals to ensure appropriate fuelling for performance.• Provide players with guidance and information in relation to:<ul style="list-style-type: none">○ Nutrition information○ Daily nutritional & hydration needs and intake○ Recovery nutrition○ Individualised meal plans

	<ul style="list-style-type: none"> • Organise interactive cooking classes covering: <ul style="list-style-type: none"> ○ Food preparation ○ Shopping for products ○ Recipe modification (Chef) ○ Visit host families for nutritional education if required ○ Cooking techniques
(3)	<p>Supplement</p> <ul style="list-style-type: none"> • Manage Supplements of players in accordance with AFL requirements. Follow the WB supplement policy including procedures and protocols. • This includes dealing directly with AFL Dietitian outlining budgets, ordering etc. • Integration of supplements at key time points will be driven by clear, evidence based supplement policies and procedures seen within the AFL, and within the policies set out by the Western Bulldogs supplement policy.
(4)	<p>Matchday & Training Sessions</p> <ul style="list-style-type: none"> • Conduct weight and hydration analysis and manage the deriving data • Provide Snacks/Smoothies post training sessions • Provide and supply pre-game nutritional options • Provide and supply half-time nutritional & hydration options • Provide and supply post-match recovery & meals • Establish and manage Anthropometric (Height, Weight, Skinfolds, DEXA) data for all players • When required, travel with the team interstate • Menu planning post training and games • Liaise with caterers to organise logistics around food delivery post training and games <p>For home and away games, liaise with Football Operation manager regarding team meal requirements. This includes providing guidelines, meal plans, snacks & specific dietary needs to catering staff.</p>
(7)	<p>Other duties as requested or required by Management.</p>
(8)	<p>General:</p> <ul style="list-style-type: none"> • Ensuring the quality of your work and service to stakeholders meets the exceptional standards set by the Club • Adhering to the policies and procedures set by the Club • Establishing and maintaining cooperative working relationships with staff over all sites • Adhering to the core values of the Club • Encouraging team spirit
(9)	<p>Environmental, Health and Safety Responsibilities:</p> <ul style="list-style-type: none"> • Acting in accordance with relevant Workplace Health & Safety Legislation and the Club's internal Workplace Health & Safety policies/procedures • Ensuring that all hazards and incidents are reported and corrective actions implemented via the Club's reporting processes • Taking reasonable care for own health and safety and the health and safety of other people who may be affected by conduct in the workplace • Acting in accordance with relevant Environmental Legislation and the Club's Environmental responsibilities • Providing competent service in accordance with the Club's documented policies and procedures and relevant legislative requirements • Actively participating and contributing to activities which promote quality improvement including the documenting of policies & procedures

5. Knowledge & Skills, Qualifications, Competencies, Behaviours & Attributes

Knowledge & Skills

- Microsoft Office Suite

Qualifications

- Accredited Practising Dietitian (APD)
- Accredited Sports Dietitian
- Completed the SDA Sports Nutrition Course
- Experience as a Sports Dietitian (highly desirable)
- ISAK Level 1 Qualification

Guiding Principles

Below are our guiding principles which were built by our people, they represent what we value, the specific actions and skills we care about the most:

Love Beats Fear – action/skills associated with Guiding Principle:

- You are courageous, compassionate and kind
- You put your arms around others to listen, understand and support
- You strive to create positive and lasting impact
- You embrace the Club, it's people, fans and community
- You learn from mistakes and grow

Bring your thing – action/skills associated with Guiding Principle:

- You are authentic, transparent and honest
- You play to your strengths within a team
- You embrace individuality, difference and diversity
- You take ownership and responsibility
- You go 'all in' with passion

Ever Curious – action/skills associated with Guiding Principle:

- You challenge the status quo, and push the boundaries
- You ask 'why not us?'
- You seek alternate perspectives and keep an open mind
- You take initiative and remain eager to learn and grow
- You think short term and long term

Teams within Teams – action/skills associated with Guiding Principle:

- You work together to put the success of the club first
- You support each other and embrace challenging conversations
- You share stories, information and skills
- You question actions inconsistent with our Guiding Principles
- You collaborate through listening and understanding

Humble Excellence – actions/skills associated with Guiding Principle:

- You strive to be the best you can be
- You achieve but remain grounded and gracious
- You lead by example and acknowledge others
- You are selfless and giving in your approach
- You proactively seek feedback and growth opportunities

Competencies, Behaviours & Attributes

- Attitude & behaviour is consistent with the Western Bulldogs Guiding Principles noted above
- Facilitates an open exchange of ideas and fosters an atmosphere of open communication
- Builds partnerships, influences and establishes trust
- Fosters commitment, team spirit and pride
- Develops leadership in others through coaching, mentoring, rewarding and guiding
- Determines objectives and sets priorities
- Pursues self-development – seeks feedback from others and opportunities to master new knowledge
- Balances interests of a variety of stakeholders
- Negotiates and manages conflict to achieve effective outcomes for the club

- Demonstrates broad understanding of principles of financial management, commercial and business acumen

ACCEPTED for and on behalf of the **EMPLOYEE**:

[acceptance_status]

Acceptance of Employee

[candidate_name]

Name of Employee

[acceptance_date]

Date