

Rise Performance Internship Program

Run in conjunction with Rowville Sports Academy

Who are we: Rise High Performance provide all the sports medicine services to the Rowville Sports Academy. Rowville Sports Academy is an elite junior athlete program involving basketball, AFL, soccer, netball, volleyball and golf and boasts some of the best coaches this country has to offer in their respective sports. See Rise High Performance staff profiles on the following page

What we do: The athletic development sessions take a long term athlete development approach with a particular focus on improving athletes movement mechanics and teaching fundamental movement patterns. This is complimented by functional, progressive strength and conditioning programs to improve strength and power.

Placement students will get the opportunity to:

- Develop an understanding of fundamental movement patterns
- Gain an understanding of long term athlete development principles, and application of these principle
- Improve exercise prescription and programming skills
- Learn to interact with athletes in both a group and individual setting
- Gain exposure to Fusion timing gates and jump mat, the latest in sports science technology for testing and training speed, agility and power
- Work along side and learn from Exercise Physiologists, Physiotherapists, Strength and conditioning coaches and many more sports staff (see staff profiles on the following page).

Applicants should display:

- Willingness to learn and participate
- Punctuality
- Professionalism
- Good communication skills
- Passion for sport and athletic development

Rowville Sports Academy is a school based program therefore runs from 9:00 am till 3:20 pm Monday to Friday, applicants should be available during these times.

Interested applicants should email mattp@risehg.com.au with a cover letter and resume

Rise Performance Internship Program

Staff Profiles

Matt Pollard

Manager of Exercise and High Performance Services

Accredited Exercise Physiologist

Casual Academic – Deakin University

Masters of Clinical Exercise Physiology Course Advisory Committee member – Deakin University

Leigh Iacovangelo

Manager of Clinical Services

Physiotherapist

Head Physiotherapist of the Australian Indoor Hockey team

Keegan Ziada

Accredited Exercise Physiologist

Head of Strength and Rehab – Melbourne Football Club – AFL Women's

Previously High Performance Manager – Eastern Ranges – TAC cup

Thomas Lariba-Taing

Accredited Exercise Physiologist

Rehab Co-ordinator – Western Bulldogs Football Club – VFL

Previously Head of Strength and Rehab – Coburg Football Club – VFL

Nick Leenheers

Physiotherapist

Casual Academic – Monash University

Nicodemus Scheelings

Physiotherapist

Victorian Champion and National medallist – Weightlifting