

HIGH PERFORMANCE
STRENGTH & CONDITIONING



EXPRESSION OF INTEREST
AND
PROGRAM FRAMEWORK

1. Purpose Objectives

The Queensland Suns require an elite Strength & Conditioning program to condition athletes for the Australian Championships in April 2026 and further prepare athletes for subsequent tours.

QLD Suns invite Expressions of Interest (EOI) from suitably qualified Strength & Conditioning (S&C) providers to deliver high-performance physical preparation services to its Men's and Mixed Netball teams.

2. Objectives

Program Objectives:

- Deliver an evidence-based, periodised S&C program aligned with the physical demands of high-performance netball.
- Enhance athletic performance, optimise readiness for competition, and minimise injury risk.
- Support integration of athletes, umpires, coaches, and medical staff within a holistic High-Performance framework.

3. Service Level Options

As QLD Suns operates as a not-for-profit organisation and primarily utilises a user-pays model, we are required to consider the benefits of the program on a value for money basis for our members.

Providers may propose services at one or more times to ensure flexibility and alignment with budget. To act as a guide only, QLD Suns provides examples of how these tiers may be structured.

3.1. Gold Standard – Comprehensive Program

- Annualised periodised program (pre-season, in-season, post season).
- Fully individualised athlete/umpire programs.
- Weekly in-person S&C sessions + camp attendance.
- Full integration with physio and coaching staff.
- Training load monitoring and testing phases.
- Education workshops (nutrition, recovery, wellbeing).

3.2. Silver Standard – Balanced Program

- Semi-annualised program with group-based sessions.
- Baseline/mid-season/pre-Nationals testing.
- Weekly in-person sessions.

- Liaison with coaches/physio as required.
- Progress reports & periodic education.

3.3. Bronze Standard – Minimum Service

- Generic squad program (updated 2–3x annually).
- Baseline + pre-Nationals testing.
- Nationals phase coverage only.
- Written guidelines for recovery/self-management.

Please provide detailed information regarding the level of service that will be provided in your expression of interest.

4. Program Framework

4.1. Target Athlete Groups

- Open Men's
- Open Men's A
- Open Mixed
- 23 & Under
- 20 & Under
- 17 & Under
- Umpire squad (approximately 15 umpires)

4.2. Core Features

- Strength & Power: Resistance training, compound lifts, lower-limb resilience.
- Movement Efficiency & Agility: Sprint mechanics, deceleration, reactive drills.
- Conditioning: Netball-specific interval/anaerobic focus.
- Injury Prevention: Emphasis on landing mechanics, stability, knee/ankle focus (Netball Australia's KNEE program).
- Performance Tracking: Profiling, data integration, phased testing.
- Collaboration: Regular communication with coaches/medical staff.

4.3. Delivery Phases

Phase 1

Preseason (8–12 weeks): Build & prepare; gym sessions, agility, mobility.

Phase 2

Competition: Maintain strength/power, agility under fatigue, manage load.

Phase 3

Maintenance/Recovery: Active recovery, mobility, rehab support.

4.4. Additional Considerations

- Nutrition & recovery integration.
- Physio screening and rehab planning.
- Athlete load tracking tools (e.g., AMS apps).
- Education workshops (injury prevention, recovery, self-monitoring).

5. Key Selection Criteria

- Qualifications: Degree + ASCA accreditation (min. Level 1).
- Experience: Elite or sub-elite athlete programs.
- Delivery: Demonstrated capacity for tiered program delivery.
- Collaboration: Proven integration with medical/coaching teams.
- Value for Money: Transparent pricing for Gold/Silver/Bronze service levels, or 'in kind' contributions by QLD Suns (i.e. advertising/ exposure with QLD Suns and members).

6. Deliverables & Performance Measures

- Achievement of physical benchmarks prior to Nationals.
- Positive feedback from athletes, coaches, and staff.
- Evidence of injury prevention & effective management strategies.
- Clear reporting and collaboration with the High Performance Director.

Submission Details

Please submit your Expression of Interest to:
tender@qldsuns.com.au

Deadline: Midnight, Friday 24 October 2025