

Chat box questions
Careers in sport
Industry Live
22 October 2019

To Jonathon: *Do you advertise jobs?*

From Jonathon: Cricket Tasmania advertise all their roles online through sites like see.com.au.

From Matt: We do advertise roles. Often at the conclusion of the AFL season prior to pre-season we offer internship positions for students enrolled in universities that require placement hours. We also advertise jobs on a needs basis, but these generally appear at the end of the season if there are any positions available.

To Jonathon: *Did you get your dream job?*

From Jonathon: As Molly said I didn't really know what I wanted to do when I finished school. That being said I have loved this job and wouldn't have changed the decision I made.

To Jonathon: *What was going through your head when you joined the Kangaroos?*

From Jonathon: I didn't technically join the Kangaroos. I work with the North Melbourne staff to ensure the games at Blundstone Arena run smoothly.

To Jo: *What's your favourite thing to broadcast?*

From Jo: My favourite thing to broadcast is sports results, so the Wallabies against England at the World Cup, or the NBL and AFL seasons.

To everyone - from Cosgrove High School in TAS: *Cosgrove High will soon go to Year 11 and 12 and we have \$20 million to rebuild for our school. if our school was going to become a sports and health school, what facilities resources or courses would you have loved to have had access to at high school?*

From Matt: Invest in an athletic development centre (gym) with the right professionals who can drive the program and maximise physical health, development and well-being. The role as the head "coach" / HP manager is so crucial because it will be this/these individual(s) who ultimately determine the success of the program through promoting good culture and coaching their athletes adequately.

From Mount Ridley College in Vic to Cosgrove: *Build specialist facilities, link up with local organisations - physios, trainers and build a program for specialist sports.*

To Jo: *Jo have you met LaMelo Ball?*

From Jo: Not yet, I'm looking forward to getting down to the Hawks to see him play and have a chat though.

To Jo: Jo do you know Kyrie Irving is? ❤️

From Jo: Sure do!

To Matt: *What course did you enrol in to get to where you are today?*

From Matt: Hi guys I applied for an undergrad exercise science degree which is very broad, but I also completed a masters in High Performance Sport. There are so many avenues you can take to get to

my role, I made my own path unintentionally, it wasn't necessarily the courses I had undertaken that got me this job, it was the skill set I had developed through a variety of roles and experiences that ultimately lead me to where I am today.

A lot of professionals I know from other AFL clubs, who are in the same role as me studied a variety of courses that didn't necessarily align directly with what I did.

For example: many did a physiotherapy degree and complemented it with a masters in sports physio, others did a combination of physiotherapy and strength & conditioning, some did masters in strength and conditioning. Other alternatives include Exercise physiology, kinesiology or exercise science degrees with honours.

There is no one avenue to get to my role, and that applies to every staff member at all elite sporting clubs around the world.

To Matt: *What's been your biggest challenge you've faced in your life?*

From Matt: My biggest challenge would be the unpredictable nature of rehabilitation. I have had many highs throughout my career of transitioning players back to games earlier than expected or back to fitness levels greater than they have ever achieved in the past.

Conversely, I have had examples of players who have suffered from mental illness, loss of motivation / love of the game, not returned in expected time-frames which has impacted not only their longevity within AFL football, but has had a profound impact on their life in general. These cases always remind me how challenging it is to be a professional athlete, but how rewarding it is to be able to help these guys through periods like this.

Comments from schools to panellists:

Some great stories and panellists!

Thank you very much

Thanks Soph and panellists

Any other advice the panellists would like to give students?

From Matt: Look at every opportunity as an opportunity to learn. Don't be afraid to fail because that's ultimately how we learn. I have failed many times and it has made me a better professional. Don't be afraid to make mistakes because that's how we improve.

Michael Schumacher was the best F1 racing driver in the world, but he also recorded the most crashes in his heats prior to the Grand Prix events. In his words "how do I know how fast I can go if I don't test the boundaries" – he failed so many times, but he would never have learnt what the car was capable of if he didn't attempt.

Any websites you suggest students research?

From Matt: One resource I have found I really enjoy learning from is podcasts when I am driving long distances in the car or on a plane. There are some fantastic podcasts such as "Just Fly Performance Podcast", "Pacey Performance Podcast", "Leave your Mark – Scott Livingston"