



WALES NETBALL
PÊL-RWYD **CYMRU**

Role Advert
Welsh Feathers
Performance Nutritionist

Job Description

Wales Netball are looking for Performance Nutritionist to join the Welsh Feathers for the upcoming season. Our Performance Nutritionist will be athlete centred, have an open and inclusive, interpersonal communication style, and a willingness to work collaboratively to optimise the performance of the Welsh Feathers, delivering performance nutrition support to identified athletes to improve performance and deliver against Wales Netball's strategic priorities through working as part of a multi-disciplinary team.

Job Title: Welsh Feathers Performance Nutritionist

Contract: Consultant (hourly paid/ day rate) rates are dependent on experience

Closing date: 20th of March

Interview date: Interviews will be held on the 2nd of April. Interviews will be virtual.

Please send your CV and covering letter to recruitment@walesnetball.com by the 20th of March. For an informal discussion about the role please contact Sara Moore (Head of Performance) by email: sara.moore@walesnetball.com

Role Description

Job Title: Welsh Feathers Performance Nutritionist

Reporting to: Head of Performance /Welsh Feathers Head Coach

Contract: Consultant (hourly paid/ day rate) rates are dependent on experience

Role Summary: To develop and deliver the performance nutrition strategy to the Welsh Feathers squad, providing high level evidence based nutritional support that optimises the performance of the Welsh Feathers

Typical Responsibilities

- Develop, implement, and monitor innovative and evidence based practical nutrition services tailored to the needs of identified athletes as part of the Welsh Feathers Programme.
- Actively promote the role of food to support athlete health and performance for the Welsh Feathers Squad.

- Ensure that the delivery of nutrition services effectively meet the Wales Netball/ Welsh Feathers objectives as well as the needs of athletes and coaches.
- Where appropriate liaise with practitioners in at NSL/University/Sport Wales/ other NGB's to deliver a collaborative approach to performance nutrition services.
- Work within the HCSI professional code and the standards and guidelines set out in the Sport and Exercise Nutrition Register (SEnr) Code of Conduct at all times with particular attention to the 'supplement use in sport' position statement.
- Maintain a comprehensive, indexed, and secure database of work conducted with athletes and coaches, including detailed records of work done with individual athletes.
- Design and deliver an individual nutrition programme for athletes that aligns to the requirements of the Wales Netball Performance Programme.
- Provide insights based on nutritional support for injury and rehabilitation programmes.
- Develop and implement innovative and evidence-based nutrition education sessions and resources to increase nutrition knowledge for Welsh Feathers athletes.
- Attend training sessions and competitions (virtually or in person) as directed to assist/implement nutritional provision and provide post-game recovery support where appropriate.
- Fulfil responsibilities which contribute to delivering an exemplary service for Wales Netball in respect of our statutory duties, including Equality, Information Security, Risk Management, Safeguarding, Financial Regulation and Health, Safety & Environment.
- Any other reasonable duties.

Key Competencies

Qualifications	Essential	Desirable
Degree in Nutrition, Sport Science, Dietetics, or related subject	✓	
Higher degree or equivalent in Sports Nutrition)	✓	
For those from a Dietetic background, Health, and Care Professions Council (HCPC) Registered	✓	
Graduate member of the Sport and Exercise Nutrition Register		✓
International Society for the Advancement of Kinanthropometry (ISAK) Level 1 Accreditation		✓
Level 2 Award in Food Safety and hygiene		
Experience		
Experience as a practicing registered Nutritionist or Dietitian (minimum 2 years)	✓	
Experience of providing nutrition support to athletes and coaches to improve performance	✓	
Experience of working within a multidisciplinary team in the delivery of nutrition services to high performance sport	✓	
Experience in educating junior level athletes and using a food focused approach to health and performance)	✓	
Experience in the development of educational resources and programmes		✓
Experience of working in an NGB/ Sports Institute setting		✓

Skills and Personal Qualities		
Ability to effectively translate nutrition science into practical food advice	✓	
Good knowledge and understanding of the use of sports nutrition supplements and ergogenic aids, including supplement safety measures	✓	
Knowledge of appropriate nutritional support and nutritional issues (performance and clinical) relevant to high performance sport	✓	
Ability to critically appraise scientific methodology and data	✓	
Ability to influence athletes and coaches to support programmes that impact on performance	✓	
Good communication and presentation skills; effectively and confidently communicates in a style most relevant to the target audience	✓	
Committed to own learning and continuous improvement through training and continued professional development	✓	
Ability to work autonomously, hold self and others accountable for standards of performance and proactively seek support and guidance from others	✓	
Ability to build and maintain productive relationships with support staff, athletes, and coaches		✓
Understanding of the coaching and training process and athletic performance in terms of periodisation and peaking		✓
		✓

Knowledge and awareness of Athlete Support Personnel roles and responsibilities under the World Anti-Doping Code		
Other		
Able to work flexibly including out of normal office hours	✓	
Able to travel as required	✓	
May be required to work athletes under 18's and vulnerable adults (DBS check required)	✓	
Ability to communicate/speak Welsh		✓