



WALES NETBALL
PÊL-RWYD **CYMRU**

Role Advert
Welsh Feathers
Strength and Conditioning Coach

January 2024

Job Description

Wales Netball are looking for a Lead Strength and Conditioning (S&C) Coach to join the Welsh Feathers (International Netball Team) for the upcoming season. Our Strength and Conditioning Coach 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 S&C 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 Lead Strength & Conditioning Coach

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

Closing date: 20th of March

Place of work: Cardiff/ UK

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 Lead Strength & Conditioning Coach

Reporting to: Sara Moore /Welsh Feathers Head Coach

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

Role Summary: The post holder will work as part of a multi-disciplinary team and plan and manage the S&C programme for the Welsh Feathers, in order to contribute the success of the Welsh Feathers squad.

Typical Responsibilities

- Develop, implement, and monitor innovative and evidence based practical S&C services tailored to the needs of identified athletes as part of the Welsh Feathers Netball Programme.

- Ensure that the delivery of S&C services effectively meet the Wales Netball/ Welsh Feathers objectives as well as the needs of athletes and coaches.
- Facilitate the integration of S&C by working closely with coaches and support staff to determine appropriate methods of implementing S&C services, including educational programmes, team, individual and group sessions.
- Promote an environment and culture within Wales Netball that supports S&C as an integral component of high performance.
- Be actively involved in tasks that contribute to the development of the discipline, as identified by the Head Coach/ Head of Performance, and ensure a coordinated approach to S&C delivery services.
- Where appropriate liaise with practitioners in at NSL/University/Sport Wales/ other NGB's to deliver a collaborative approach to S&C services
- Maintain a comprehensive, indexed, and secure database of work conducted with athletes and coaches, including detailed records of work done with individual athletes.
- 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.
- Assist in the rehabilitation of players at all camps and aid in player recovery and readiness to train.
- Develop and implement innovative and evidence-based education sessions and resources to increase S&C knowledge for Welsh Feathers & Pathway athletes and coaches.
- Attend training sessions (in person) and competitions (virtually and in person) as directed to assist/implement S&C provision where appropriate.
- Assist in the assessment of performance squads and the interpretation of S&C data.

- Any other reasonable duties.

Key Competencies

Qualifications	Essential	Desirable
Degree in Sport Science or related subject	✓	
Master's degree or equivalent in Strength and Conditioning	✓	
UKSCA accreditation, or NSCA Certified Strength & Conditioning Specialist	✓	
Experience		
Experience as a practicing S&C coach in a performance sport environment (minimum 2 years)	✓	
Experience of providing S&C support to athletes to improve performance	✓	
Experience of analysing the demands of a sport in relation to their S&C needs in order to develop, implement and evaluate performance programmes	✓	
Experience of working within a multidisciplinary team in the delivery of S&C services in high performance sport	✓	
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	✓	
Ability to critically appraise scientific methodology and data	✓	
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 cope effectively with pace, adjust quickly when priorities change and adapt to pressured situations	✓	
An understanding of the needs of elite athletes and coaches in a high-performance environment	✓	
Ability to build and maintain productive relationships with support staff, athletes, and coaches	✓	
Familiar with use of various software packages, particularly Microsoft Excel.	✓	
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		✓

