

JOB DESCRIPTION

JOB TITLE Strength and Conditioning Coach – Maternity Cover (England Netball)

SALARY £32,302

GRADE FS

HOURS 37 hours per week

LOCATION Loughborough

ROLE SUMMARY

This role will provide the delivery and development of strength and conditioning services for England Netball with a focus on the Roses athletes. The practitioner will work closely with coaches and the SSSM team to create a world class high performance training environment. The role will include camp-based and remote working, as well as domestic and international travel. Essential dates prior to/including World Cup (TBC) include 15-19/22-26 May, 26-29 June, 3-7 July, 13 July-7 August.

KEY RESPONSIBILITIES

- Lead the delivery of all areas of physical preparation to prepare a tournament durable squad that can sustain high performance in congested fixture schedules. This includes delivering S+C provision during centralised training camps, and international competitions.
- Lead on consistent player monitoring strategies and providing detailed feedback processes to IDT and coaching staff to support effective player management.
- Work closely with coaching staff to effectively plan training schedules, and long-term planning across the international and domestic competition windows.
- Work with pathway S+C coach in order to ensure alignment of netball physical preparation throughout the pathway.
- Work with a PhD research student to drive ongoing research and disseminate the findings.
- Co-lead the delivery of testing and monitoring strategies with the physiotherapist to inform individualised programming and planning, in conjunction with individual athlete development plans.
- Regular communications with athletes and IDT to support player management, and individual physical development plans.
- Lead on daily monitoring, individual programming and recovery strategies during World Cup tournament to ensure athletes are physically prepared to thrive in consecutive matches.
- Work closely with SSM team to provide support during international travel, and lead on support sessions to aid athletes transition into training post long haul travel.
- Develop strong working relationships with franchise S&C staff to ensure the physical preparation needs are aligned to the senior international programme through shared testing and monitoring protocols, and educational resources where appropriate.
- Attend, contribute to and provide regular reports at appropriate meetings associated with the programme and to key stakeholders including other NGB staff and franchise clubs.
- Work within the rules of professional confidentiality, liaise with athletes, primary care managers, parents, coaches and other support staff as appropriate within the rules of the HCSI Code of Conduct, standards and guidelines and where appropriate, the EIS host agency

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ROLE DIMENSIONS

REPORTS TO	Head of Performance Support
DIRECT REPORTS	N/A
BUDGET ACCOUNTABILITY	N/A

KEY RELATIONSHIPS

- EIS Medical and Physiotherapy Team
- EIS Multidisciplinary Sports Science Team
- Performance Director
- Head Coach

- England Netball Coaching team
- England Netball World Class Athletes

PERSON SPECIFICATION - S&C COACH

COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Qualifications		
Degree level (or equivalent) in sports science or related area, specialising in physical preparation of elite athletes	Essential	Application Sight of certificates
Higher degree level (or equivalent) specialising in the physical preparation of elite athletes	Desirable	Application Sight of certificates
Experience		
Experience in the provision of strength and conditioning services, including coaching to athletes and coaches to improve performance. This experience should include work with national teams and their athletes.	Essential	Application Interview
Experience of analysing the demands of a sport in relation to the performance outcomes and identifying the strength and conditioning requirements. To develop, implement and evaluate strength and conditioning programmes for individual athletes within these sports	Essential	Assessment Interview
Experience of strategic planning including individual programming supported by specific diagnostics and monitoring which inform the coaching process	Essential	Application Interview
Verifiable record of working within a multi-disciplinary team in the delivery of strength and conditioning services to high performance sport	Essential	Application Interview
Experience of dealing with national performance programmes within National Governing Bodies of sport	Essential	Application Interview
Knowledge and Skills		
An understanding of the needs of elite athletes and coaches in a high performance environment	Essential	Assessment Interview
An understanding of the various sports science and sports medicine disciplines	Essential	Application Interview

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COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Anatomical knowledge and ability to apply this within a strength and conditioning environment	Essential	Interview
Knowledge of and ability to teach barbell lifts, supplementary exercises and ground based drills including how to correct common faults with appropriate diagnostics and monitoring	Essential	Assessment Interview
Knowledge and ability to construct strength, speed/change of direction and fitness-based training schedules both gym and field based, with appropriate diagnostics and monitoring including an indexed database of work conducted with athletes	Essential	Assessment Interview
Ability to modify strength and conditioning programmes according to the results of assessment data, in conjunction with coaches and other support staff	Essential	Interview
Ability to scientifically validate and interpret the methodology of test protocols and data and other scientific data	Essential	Interview
Ability to communicate complex data in terms that are easily understood by a wide range of audiences	Essential	Interview
Good coaching skills including the ability to adapt to the environment to motivate behavioural change and augment performance	Essential	Assessment Interview
Skilled in building and maintaining productive relationships with high performance staff within national governing bodies of sport	Essential	Interview

All EIS practitioners are expected to engage with and support training and professional development in anti-doping, i.e., Introduction to Clean Sport, safeguarding and GDPR. Practitioners are also expected to adhere to all EIS policies and procedures and show commitment to promoting and supporting equality, diversity, and safeguarding within sport.

END OF JOB DESCRIPTION