

**JOB DESCRIPTION**

**Background**

Netball NI would like an S&C Coach to lead on the physical development of netballers on national squads, providing a regular training environment to prepare netballers to cope with additional training load and for the intensity of international game.

Following finishing 8<sup>th</sup> at the 2018 Gold Coast Commonwealth Games and 9<sup>th</sup> at the 2019 Netball World Cup, the Northern Ireland Senior team are entering a new cycle in preparation for the 2022 Birmingham Commonwealth Games and 2023 World Cup.

The Northern Ireland U21 team will seek to qualify for the 2021 World Youth Cup at the European Qualification tournament in October 2020.

We see the Strength and Conditioning Coach role playing a key part in the Senior and U21 national teams’ preparation for these events at senior and U21 level.

**The role**

- 🌿 Work with identified netballers on senior and U21 squads across 2 sessions per week
- 🌿 Deliver direct support to netballers based at home, and overview with overseas athletes
- 🌿 Work with the national head coaches to deliver effective programmes for athlete development and competition preparation
- 🌿 Run fitness testing as required to track and monitor progress
- 🌿 Support injury risk management and deliver exercise-based rehabilitation to squad and assist with return to play programmes (in partnership with the squad physio)

<b>Purpose</b>	<b>Why</b>
More robust netballers	Reduce likelihood of injuries Ability to take knocks in a game Cope with increased workload and intensity in training and match play
Improve overall strength and explosive power	More efficient sprint (take off and acceleration) and elevation, speed and strength of pass
Improve agility	Improve ability to change direction at speed with control, especially when reacting to external stimulus Confidence to get free in small space
Improve body awareness	Improve understanding and control of where body is in space Understand appropriate recovery/prehab mechanisms to use to reduce likelihood of injury

**Rate of pay**

£30/hr inclusive of prep work and mileage. It is envisaged the role would involve 4 hours per week contact time however this may increase, and may involve some travel with the team

## **S&C Coach – NI National Squads**

### **Training programme**

What: 2 x 1½-2hr sessions a week including weights and conditioning

Where: St Mary's University College, Belfast

When: Mon and Wed evenings (subject to change)

*Or something similar*

### **Athletes**

Identified Northern Ireland senior and U21 squad athletes. The role will involve programme design for some athletes based in Northern Ireland (8-10) and monitoring other athletes who are based overseas and following club or university training programmes.

### **Reporting and Management**

The S&C coach is managed by the Performance Pathway Officer

Report to the Senior Head Coach and U21 Head Coach, and squad physio where required.

## **PERSONNEL SPECIFICATION**

### **Knowledge and Experience**

#### **Essential**

- 🕒 Degree (or equivalent) in sport science or related subject
- 🕒 UKSCA accreditation or internationally recognised equivalent
- 🕒 2 years full time or part time equivalent demonstrable experience working within performance sport.
- 🕒 A track record of success in developing physical qualities of teams and athletes within performance sport.
- 🕒 Flexible approach to working hours.
- 🕒 Excellent communication and interpersonal skills.
- 🕒 Strong programming and coaching skills.
- 🕒 Strong IT skills, including use of Microsoft excel.
- 🕒 Current first aid qualification.

#### **Desirable**

- 🕒 Experience of working in netball or a team invasion game environment.
- 🕒 Knowledge of netball and the demands of the international game
- 🕒 Experience of working in a female sporting environment.
- 🕒 Experience of using athlete management systems.
- 🕒 Experience of working within a multidisciplinary team in the delivery of strength and conditioning services to performance teams.

To apply, send a full CV and covering letter by email to [performancepathway@netballni.org](mailto:performancepathway@netballni.org) by **Monday 16<sup>th</sup> December**.

It is anticipated that initial interviews will be held week beginning 6<sup>th</sup> January 2020.