

# GB JOB PROFILE

<b>JOB TITLE</b>	<b>GB AGE GROUP PROGRAMME - STRENGTH AND CONDITIONING COACH (FOR U16, U18, U20 MEN'S AND WOMEN'S TEAMS)</b>
<b>LOCATION</b>	Mobile working (training camps/competitions, domestic & overseas)
<b>WORKING PATTERN</b>	Such hours as are necessary to fulfil the requirements of your position to the satisfaction of the GB Youth Teams Performance Group, and may include work in evenings, on weekends, school holidays and public holidays as required.
<b>REPORTS TO</b>	Lead Strength and Conditioning Coach
<b>CONTRACT</b>	One-year appointment to conclude after the 2023 European Championships with a review in September 2023
<b>RETAINER</b>	To be confirmed

<b>PURPOSE OF ROLE</b>	To provide a consistent and professional Strength & Conditioning service to the GB Age Group Programme which supports the deliverance of an elite level of services to your assigned team.
<b>KEY ACCOUNTABILITIES</b>	<p>Your duties and responsibilities will include but not be limited to the following:</p> <ul style="list-style-type: none"> <li>• To work with and alongside the Sport Science and Medicine Team</li> <li>• To liaise and coordinate service delivery with the Lead Strength &amp; Conditioning coach, delivering sessions for speed, agility &amp; conditioning</li> <li>• To programme and deliver physical preparation and athletic development sessions</li> <li>• To delivering and support rehabilitation programs</li> <li>• To work as part of a multi-disciplinary team delivering services including maximizing load management, periodization, injury screening and testing protocols, database management.</li> <li>• To support on the co-ordination of player injury prevention and management strategies for your team</li> <li>• To inform appropriate medical staff of information that will reflect, impact, influence their treatment or management of an athlete in relation to that athlete</li> <li>• To abide by GB Basketball's rules and policies (Code of Ethics &amp; Conduct, Safeguarding Policy, Data Protection Policy, Equal Opportunities &amp; Equity Policy; Health &amp; Safety Policy, and Anti-Doping Rules).</li> <li>• To ensure a safe training and playing environment is created and always maintained</li> </ul>
<b>OPERATIONAL ACCOUNTABILITIES</b>	<ul style="list-style-type: none"> <li>• To liaise fully with the Sport Science and Medicine Team and all team staff</li> <li>• To utilise the online medical system to optimise player management</li> </ul>

	<ul style="list-style-type: none"> <li>• To utilise XPS for programmes, communication and monitoring</li> <li>• To deliver education sessions for players during the programme</li> <li>• To discuss and plan with all team staff, the content of the camps and tournament in order to manage player load</li> <li>• To advise the Head Coach on needs</li> <li>• To design and implement an action plan for athletic development</li> <li>• To liaise with players on athlete development plans</li> <li>• To supervise warm-ups, cool-downs and recovery sessions.</li> <li>• To collaborate with physiotherapists to design and implement effect pre- and post- practice interventions</li> <li>• To monitor players' hydration/nutrition</li> <li>• To build relationships with players in order to be able to engage them out of season, which leads to them being better prepared and engaged when it comes to camps</li> <li>• To report all incidents promptly through the Talent Reporting procedures</li> <li>• To help develop and maintain a positive image and profile for GB and the Home Nations both in the UK and worldwide through positive behaviours and appropriate conduct at all times to ensure all stakeholders and the game of basketball is not brought into disrepute, including via media briefings on squad selection, performance and publicity of the team within the sport.</li> <li>• To actively promote and embed Equality, Diversity and Inclusion (EDI) within the programme</li> <li>• To be open to listening to feedback about own performance from athletes, parents and peers in order to help create a safer culture in basketball</li> </ul>
<p><b>RELATIONSHIP MANAGEMENT</b></p>	<p><b>Team Staff:</b> To liaise on a regular basis with the wider multi-disciplinary team, including the head coach, assistant coaches, team manager, physiotherapist and the strength and conditioning coach</p> <p><b>Lead Strength &amp; Conditioning Coach:</b> To liaise regularly with the Lead Strength &amp; Conditioning Coach to ensure that the correct screening is taking place and all service delivery is to standard</p> <p><b>Head of Physiotherapy and Sports Science:</b> To liaise regularly with the Head of Physiotherapy and Sports Science to ensure regular checks are made on the player's health &amp; wellbeing</p> <p><b>GB Youth Teams Performance Group:</b> To liaise with the GB Youth Teams Performance Group on a regular basis to understand the requirements/developments in the GB Age Group Programme</p> <p><b>National Federations:</b> To be the 'face' of GB Basketball and liaise with national federations during camps &amp; competitions (domestic &amp; overseas)</p> <p><b>FIBA:</b> To assist with and collaborate on any FIBA related matters before, during and after FIBA regulated competitions</p>

# ROLE REQUIREMENTS

<b>EXPERIENCE, KNOWLEDGE &amp; SKILLS</b>	<ul style="list-style-type: none"><li>• A degree in sports science or related subject</li><li>• A higher degree specialising in the physical preparation of elite athletes</li><li>• UK Strength and Conditioning Association Accreditation (UKSCA) – obtained or in the process</li><li>• National Strength and Conditioning Association (NSCA) Accreditation – Desirable</li><li>• Experience in the management and provision of strength and conditioning to elite level young athletes. This should include both club and national team level</li><li>• Proven track record of successfully working with an MDT as well as wider staff group</li><li>• Experience of working in the development and improvement of new ideas to enhance performance</li><li>• Experience of working in a variety of team sports – Desirable</li><li>• Some knowledge and understanding of the requirements of elite athletes and coaches in team sports</li><li>• Understanding of load management in young athletes</li><li>• Shows integrity and is fair, equitable and ethical in approach</li><li>• Understands their responsibilities in relation to protecting confidential information, in line with GDPR</li><li>• Recognises the importance of equality, diversity and inclusion</li><li>• A good understanding of safeguarding and the additional vulnerabilities of elite athletes</li></ul>
<b>OTHER</b>	<ul style="list-style-type: none"><li>• A genuine interest in human performance</li><li>• A flexible attitude to working, willing to work evenings, weekends, school holidays and public holidays. This will include irregular hours and extensive travel both within the UK and overseas</li><li>• Current, clear, enhanced DBS Check supplied to the GB Youth Teams Performance Group</li><li>• Current Safeguarding Certificate supplied to the GB Youth Teams Performance Group Complete mandatory training modules provided by the GB Youth Teams Performance Group</li></ul>