

# BASKETBALL ENGLAND JOB PROFILE



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| <b>JOB TITLE</b>       | <b>DiSE STRENGTH &amp; CONDITIONING MENTEE</b>   |
| <b>LOCATION</b>        | Predominantly based at Nottingham Wildcats Arena but can also include 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 Nottingham Wildcats Academy and Basketball England, and may include work in evenings, on weekends and public holidays as required.  |
| <b>REPORTS TO</b>      | Medical Lead at Nottingham Wildcats Basketball [Aaron Wharton]<br><br>Lead Strength & Conditioning Coach at Basketball England   |
| <b>CONTRACT</b>        | 12 Month Placement   |
| <b>REMUNERATION</b>    | The mentorship programme is largely a voluntary position designed with the purpose of developing aspiring strength and conditioning coaches with a strong interest in basketball. However, as set out below, there will be some potential for remuneration.<br><br><u>Basketball England</u><br>Travel expenses and food will be provided for Basketball England Talent-based activities. Apparel for these activities will also be provided. In some instances, based upon prior experience and level of qualification, there may be the opportunity for paid work.<br><br><u>Nottingham Wildcats Academy</u><br>Voluntary position |

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| <b>PURPOSE OF ROLE</b>      | To develop skills, knowledge and understanding of the roles and responsibilities of the strength & conditioning coach across the Basketball England Talent Pathway, including EDP/ DiSE, England Talent Programme and the Aspire Skills and Super Region programmes.  |
| <b>KEY ACCOUNTABILITIES</b> | Your duties and responsibilities will include but not be limited to the following: <ul style="list-style-type: none"> <li>• To support the delivery of strength and conditioning services to DiSE players within the academy environment</li> <li>• To attend Basketball England virtual and in-person professional development workshops / conferences</li> <li>• To complete learning-based tasks directed by the strength and conditioning mentors</li> <li>• To meet periodically with mentors to inform the mentee individualised development plan</li> <li>• To abide by Basketball England's rules and policies (Code of Ethics &amp; Conduct, Safeguarding Policy, Data Protection Policy,</li> </ul> |

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|  | <p>Equal Opportunities &amp; Equity Policy; Health &amp; Safety Policy, and Anti-Doping Rules).</p> <ul style="list-style-type: none"> <li>• To ensure a safe training and playing environment is created and always maintained.</li> </ul>   |
| <p><b>OPERATIONAL ACCOUNTABILITIES</b></p> | <ul style="list-style-type: none"> <li>• To liaise fully with the Nottingham Wildcats Academy Sport Science and Medicine Team and all team staff</li> <li>• To liaise fully with Basketball England's Sport Science and Medicine Team and all team staff</li> <li>• To report all incidents promptly through the Talent Reporting procedures.</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>The following apply to the respective positions/titles held within both the Nottingham Wildcats Academy and Basketball England Talent settings.</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>  |

# ROLE REQUIREMENTS

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| <b>EXPERIENCE, KNOWLEDGE &amp; SKILLS</b> | <ul style="list-style-type: none"><li>• This mentorship programme is open to applicants with a genuine interest in pursuing a career in strength and conditioning.</li><li>• While not essential, an interest in and knowledge of basketball is desirable.</li><li>• A bachelor's degree in sports science / strength conditioning - or a related subject is not a prerequisite. However, candidates should possess knowledge and understanding of sports science-related subjects (e.g., anatomy &amp; physiology, biomechanics, nutrition, coaching) and topics (e.g., training programme design, energy systems, adaptations to strength training) to at least a level 3 (A-level or BTEC) level of comprehension.</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 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>• Complete mandatory training modules provided by both Nottingham Wildcats Academy and Basketball England, including safeguarding and completion of an Enhanced DBS check.</li></ul>  |
| <b>HOW TO APPLY</b>                       | <p>Please send a covering letter outlining your suitability for the mentorship and curriculum vitae to:</p> <p><a href="mailto:Mark.Williams@basketballengland.co.uk">Mark.Williams@basketballengland.co.uk</a> and <a href="mailto:aaronmwharton@gmail.com">aaronmwharton@gmail.com</a></p> <p>Successful applicants will be invited to interview online. The panel will be formed of Basketball England and Nottingham Wildcats representatives.</p>   |