

## **JOB DESCRIPTION AND PERSON SPECIFICATION**

<b>JOB TITLE:</b>	<b>Performance Centre Support Coach – Diving (London)</b>
<b>REPORTS TO:</b>	<b>Performance Centre Lead Coach – Diving (London)</b>
<b>SALARY:</b>	<b>£30,000 - £35,000 per annum (salary dependent on experience)</b>

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### **CONTEXT:**

Aquatics GB (AGB) Performance Centres provide world class, daily training environments for permanent athlete groups as part of its World Class Programme (WCP).

The Centres also function as key 'performance hubs' for national programme-wide activity and a focal point for the provision of key science and medicine and rehabilitation services for athletes.

Athletes training in decentralised locations can access some sports science, medicine and performance lifestyle support from performance hubs in addition to regular planning and reviews focused around these centres.

The ethos and environment at the performance centres will reflect the established WCP team culture and team behaviours.

The London Performance Centre is based at the iconic London Aquatic Centre and has some of the best diving facilities in the world. There is a strong cohort of WCP divers based at the London Performance Centre which has a consistent history of producing World and Olympic medallists.

The Centre will develop as a knowledge-hub of best practice to be shared throughout the aquatics pathway.

### **ROLE:**

The Performance Centre Support Coach post is designed to ensure the daily training environment appropriately supports coaching delivery. The role will support all athletes based in the centre plus any visiting WCP athletes as directed by the Performance Centre Lead Coach. The post will act as the point of contact for the London junior world class program athletes, and junior divers identified from the England pathway.

The aim of this position is to continue to develop the individual's coaching skills, expertise and competencies to be well equipped to take up future senior coaching roles in either AGB or a senior club or national governing body environment in Britain.

**JOB PURPOSE:**

- Add value to the performance centre coaching and sport science team with the technical and operational delivery and support of the London Performance Centre programme
- Continue developing world class coaching and personal leadership skills along with enhancing practical experience of progressing world class athletes to junior and senior success on the world stage
- Develop knowledge of sports science and medicine disciplines to assist with holistic development of divers
- Develop to, or assume, direct responsibility for group/cohort of divers as 'point of contact' at the discretion of the Performance Centre Lead Coach - focus on athlete management, planning, periodization
- Provide flexible, high-level independent coaching support within the performance centre and at national events as assigned/agreed by the Performance Centre Lead Coach and/or the GB Diving Head Coach
- Support the Performance Centre Lead Coach to embed and develop a high-performance culture at the performance centre, championing a winning well ethos and positive coaching behaviours across all programme activity

**JOB LOCATION:**

- The normal place of work will be the London Performance Centre based at the London Aquatic Centre
- The role will involve necessary travel to fulfil the role to the satisfaction of AGB and will need to work unsocial hours. The role will include evening and weekend work plus travelling with overnight stays, within the UK and overseas

**KEY RESPONSIBILITIES:**

Assist the Performance Centre team in the following areas:

**Coaching**

- With the day-to-day high-level coaching of the divers within the Centre
- With the preparation of divers for the key domestic and international competitions
- With the coordination and coaching where needed of divers visiting the performance centre
- Build to deliver world class, individualised coaching to an identified group of divers based at the centre, including devising individual athlete plans, setting and agreeing performance targets and athlete process goals

**Administration**

- Assisting with the formation of weekly coach training plans
- Recording and collating training tracking data for all athletes at the performance centre
- Taking notes and disseminating for identified meetings

## **World Class Programme**

- Undertake assigned national programme and/or event responsibilities as required by the GB Diving Head Coach and/or Performance Pathway Lead Diving, and specific project work as and when required

## **Sports Science**

- Building successful relationships with sport science and sports medicine staff to ensure that performance centre athletes are meeting required standards and achieving performance goals
- Delivering identified sports science tasks, as identified by the SSSM Leadership Team and/or the Performance Centre coaching team, which may include:
  - Setting up and running camera systems
  - Supervising identified land preparation sessions

## **General**

- Undertake any other duties as required by the GB Head Coach Diving
- Play a full and active role as a member of the WCP
- Drive own performance development plan, actively identifying new areas for learning and committing to a culture of continual improvement
- Maintain own continued professional development programme and complete appraisal and revalidation
- DBS check required
- Comply with all Aquatics GB policies and procedures set down by Aquatics GB and in particular those relating to diversity, equity and inclusion and sustainability

*This job description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in light of the changing needs of the World Class Programme and/or Aquatics GB.*

## PERSON SPECIFICATION

Criteria	Essential	Desirable
Qualifications	<ul style="list-style-type: none"> <li>Minimum UK Level 2 coaching qualification (or equivalent) or international equivalent</li> </ul>	
Experience	<ul style="list-style-type: none"> <li>Experience as an on-deck coach including divers of WCP level</li> <li>Experience of working with a multi-disciplinary support team to maximise individual athlete performance potential</li> <li>Demonstrated track record of devising individualised training programmes to meet specific athlete requirements in Olympic Diving</li> <li>An appreciation of the application of sports science and medicine disciplines specific to elite diving requirements</li> <li>Demonstrated experience of collaborating with other coaches</li> </ul>	<ul style="list-style-type: none"> <li>Experience as an on-deck coach of divers with senior international experience</li> </ul>
Skills / Competencies	<ul style="list-style-type: none"> <li>Able to design and conduct specific dryland activities for elite diving including harness work</li> <li>Ability to work effectively as part of a team and on own initiative</li> <li>Good organisational and time management skills</li> <li>Enthusiastic about world class diving</li> <li>Ability to learn quickly and adapt to new procedures</li> <li>Ability to proactively identify opportunities for improvement</li> <li>Actively identifies new areas for learning; regularly creating and taking advantage of learning opportunities; using newly gained knowledge and skill on the job</li> <li>Able to provide timely and appropriate feedback on performance</li> </ul>	

	<ul style="list-style-type: none"><li>• Ability to establish good interpersonal relationships</li><li>• Effective communication skills, written and verbal</li><li>• Flexible approach to work and continuing professional development</li></ul>	
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