Physical Conditioning Coach Consultant

British Orienteering wishes to identify a Consultant or Consultancy to provide coaching and support for athletes within the talent and performance development programme. It is estimated that these tasks will equate to 130 days work per year.

This will be a key role in delivering the British Orienteering 2013/17 strategy, in particular contributing to the programme by focussing on developing physical fitness components of athletes, along with their clubs, personal coaches and parents/guardians.

Travel throughout England, and the United Kingdom and Europe to attend appropriate competitions and coaching camps will be expected.

Main Purpose
To contribute to the development of British Orienteering’s Talent and Performance Coaching Programme by coordinating the physical conditioning aspects of the programme for identified athletes, both centrally at national talent development coaching weekends and also across England and providing education for athletes, coaches and parents/guardians.

The appointed consultant will be responsible for all matters pertaining to the successful delivery of the British Orienteering Physical Conditioning Programme, which will necessitate effective partnership working with a variety of partners, including: sport science consultants, clubs, individual athletes, coaches, service providers, parents and/or guardians.

Further information and queries can be directed to British Orienteering's Performance Manager, Jackie Newton jnewton@britishorienteering.org.uk or by phone 01629 583037.

Tenders
Consultants are asked to submit via post or email:
- A covering letter outlining their interest and rationale for tendering for this role;
- The skills, knowledge and experience they will bring to achieve the tasks.

These should be forwarded under confidential cover by Friday 14th November 2014 to:
Jackie Newton (Performance Manager)
British Orienteering National Office
Scholes Mill
Old Coach Road
Tansley
Matlock
DE4 5FY

Consultants tendering for this role will be interviewed on Thursday 27th November 2014
CONSULTANCY DETAILS:

**Coordinating the Physical Conditioning Programme**

<table>
<thead>
<tr>
<th>Location</th>
<th>Field work, as the programme demands</th>
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</thead>
<tbody>
<tr>
<td>Post status</td>
<td>Consultancy based on an average of 2.5 days per week or as required to attend fitness testing sessions, camps and competitions. Contract until March 2017</td>
</tr>
<tr>
<td>Payment</td>
<td>£120 per day plus all reasonable expenses. Mileage paid at 25p per mile. Monthly invoice required</td>
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<tr>
<td>Responsible to</td>
<td>Performance Manager</td>
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**Task Summary**

Coordinating and developing the physical conditioning aspects of British Orienteering’s Talent Development Programme by:

1. Working with the Performance management team to implement the physical coaching aspects of the British Orienteering Talent Squad programme
2. Working with the Exercise and Sport Science Department at a designated university to coordinate testing and monitoring of running economy
3. Working with athletes to develop and implement their personal development plans
4. Monitoring and evaluating the fitness levels of athletes
5. Providing regular (six weekly) reports and analyses on the development of athletes, and improvement of the programme, directly to the Performance Manager
6. Delivering physical training sessions at Talent Coaching Camps

**Key responsibilities and main tasks and activities**

Specifically, the consultancy will:

1. **Work with the Performance management team to implement the physical coaching aspects of the British Orienteering Talent Squad programme**
   - Manage and mentor volunteer staff working in the programme.
   - Set a strong and distinctive ‘performance’ culture.
   - Ensure that information about the coaching and competition programme is provided to staff, athletes and key stake-holders (either written or verbal) on a regular basis.
   - Ensure that all established policies and procedures are adhered to by all members of the programme including athletes, parents and/or guardians

2. **Work with the Exercise and Sport Science Department at a designated university to coordinate testing and monitoring of running economy**
   - Organise physiological testing for athletes in the Talent, Development and Performance squads including travel and accommodation where required
   - Liaise with designated physiologist to agree protocols and
### procedures of testing
Liaise with designated physiologist to agree terminology, interpretation and reporting of results

### 3. Work with athletes to develop and implement their personal development plans
Provide face-to-face feedback of physiology results to athletes and their personal coaches
Feed-forward into training programmes that develop the physical aspects of British Orienteering’s talent and performance coaching programme
In conjunction with the Performance Manager and the Technical Talent Coach design and deliver communication mechanisms in order to provide feedback to all athletes and staff associated with the performance squads

### 4. Monitor and evaluate the fitness levels of athletes
Prepare athlete analysis reports, ensuring that all reports support the ongoing development of talented athletes

### 5. Provide regular reports and analyses on the development of the Talent Squad athletes, and improvement of the programme, directly to the Performance Manager
Actively engage with, and seek the views on a six weekly basis of all those who are involved in the coaching and development of talented athletes in order to gather athlete information
Attend six weekly team review meetings to feedback on athlete development

### 6. Deliver physical training sessions at Talent Coaching Camps
Agree coaching camp locations with the Technical Talent Coach and source necessary resources (training equipment, training facilities etc.)
Design and deliver physical training sessions

### General information
Consultants must comply with all aspects of British Orienteering’s policies including Health & Safety Policy and arrangements.
Requirements of the Consultant/Consultancy

To be considered consultants will need to demonstrate the following:

Qualifications required:

- Coaching qualification or demonstrated coaching experience
- BSc/MSc in Exercise and Sport Science

Experience and knowledge

- Proven, successful involvement in developing talented athletes
- Knowledge and expertise of talent development and the supporting structures
- Knowledge and expertise in running fitness including physiology and biomechanics
- Knowledge of contemporary coaching techniques and practices
- Knowledge of the latest coaching methods and standards applied in leading sporting nations

Skills and abilities

- Ability to communicate effectively with individuals and groups and influence change
- High level of personal impact, highly motivated to motivate others
- Ability to establish and maintain an effective learning environment
- Excellent interpersonal skills
- Ability to monitor the programme and audit the performances of athletes
- Ability to build and maintain partnerships
- Computer literacy including email, MS Office

Other considerations

- Demonstrating an ability and willingness to travel regularly throughout Great Britain and, as required, overseas including overnight stays
- Demonstrating an ability and willingness to work the hours necessary for the successful delivery of the programme; evening and weekend work will be necessary
- Demonstrating a willingness and commitment to British Orienteering’s values and policies

Special Circumstances

This role has the following special circumstances:

- Regular travel will be necessary and a current driving licence is required
- Satisfactory Criminal Records Disclosure

Please note that British Orienteering are seeking contracts covering a range of activities related to the Talent & Performance Programme and will consider consultants/consultancies to meet single or multiple activities.