



CARDIFF DRAGONS

U23

Assistant Coach

June 2024

Cardiff Dragons U23 Assistant Coach

Role Description

Cardiff Dragons are looking for an enthusiastic and committed individual to join our coaching team. The Cardiff Dragons Pathway is home to our Cardiff Dragons age group squads (U17/19 &23) and we are seeking to recruit an U23 Assistant Coach to work with our U23 Talent Pathway Lead/ Head Coach, to develop our athletes.

The U23 Assistant Coach will have experience of talent development within a high- performance netball environment, will be athlete centered, and have an open and inclusive coaching style. The U23 Assistant Coach will have experience supporting and delivering netball sessions to a high standard and will need to demonstrate both technical and tactical competence appropriate to the relevant age group. The U23 Assistant Coach will work in accordance with the Cardiff Dragons Way and will demonstrate a willingness to work collaboratively to aid talent development within the pathway. The successful candidate will work closely with the U23 Head Coach to plan, lead, and deliver high quality sessions to prepare our U23 squad for competition, as well as collaborating with our Pathway age group Head Coaches (U19 /U17) and the NSL Head Coach, and will benefit from internal and external professional development opportunities.

Role Title: Assistant Coach Cardiff Dragons U23 Squad

Contract: Voluntary role with an honorarium payment from August 2024 –July 2025

Location: Cardiff, with travel across the UK for competition

Closing date: The closing date for applications, 5th of August 2024

Interview dates: Interviews will be held the week of the 12th of August 2024. All interviews will be conducted virtually.

NB: Candidates should ensure that they are available weekly to deliver Pathway training sessions throughout the year, and attend the trials as well as all NPL games, details of which are outlined below:

Pathway Trials:

- U23 CD Trial: 22nd of September 2024

NPL Competition Dates:

These are usually on a Friday or Saturday as follows:

- U23 – w/c 3rd Feb to w/c 23rd June

Additional training and competition dates will be shared at the interview.

Please send your CV and covering letter outlining how you meet the Essential and Desirable criteria to infor@cardiffdragons.com

For an informal discussion about the role please contact Sara Moore (Head of Performance) by email sara.moore@walesnetball.com

Role Summary

Cardiff Dragons are looking for an enthusiastic and committed individual to join our coaching team. The Cardiff Dragons Pathway is home to our Cardiff Dragons age group squads (U17/19/23) and we are seeking to recruit an U23 Assistant Coach to work collaboratively with the Head Coach, to develop our athletes.

Typical Responsibilities

- To assist and support in the delivery of high-quality netball sessions for the U23 squad in accordance with the Cardiff Dragons Way.
- To support the Head Coach with any planning for each U23 session to ensure progression throughout, aligned to the NSL and Cardiff Dragons aims and principles of play.
- To work collaboratively as required with wider support services for the Pathway Programme including sport science and medical service and training facilities.
- In conjunction with the Head Coach, Team Manager and wider support services, co-ordinate and ensure that the provision of squad training requirements is met.
- In conjunction with the Head Coach oversee individual performance plans (IPPs) and training programs for Pathway Programme athletes.
- Support the Head Coach to ensure Pathway U23 athletes meet all requirements of anti-doping and drug testing prior to, during and post competition.
- Support the Head Coach with the delivery of coaching workshops, coaching sessions and mentor for Pathway coaches, schoolteachers and clubs as required.
- Support the effective management of U23 Pathway athletes, in line with our values and behaviors.
- Support and maintain strong relationships with key internal and external partners and stakeholders who contribute to the success of performance objectives and pathway programs.
- Support the U23 Head Coach to ensure that all activities are conducted in an appropriate way

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in accordance with health and safety, safeguarding and duty of care policies within Cardiff Dragons.

- Work closely with the NSL Head Coach and U23 Head Coach to establish rapport and effectively support the transition of athletes between the U23s and NSL squads.

Other

- Support and maintain the successful image and profile of the Cardiff Dragons Pathway, and its athletes, and contribute to promotional activities as required.
- Ensure that all activities are conducted in an appropriate way in accordance with health and safety, safeguarding and duty of care policies within Cardiff Dragons, NSL and Wales Netball.
- Engage in productive and cooperative working relationships with Wales Netball, England Netball and NSL.
- Undertake such duties as requested by the Head of Performance as may be required from time to time as are consistent with the responsibilities of the post.

Key Competencies

Qualifications	Essential	Desirable
Has a minimum WNA/UKCC Level 2 Coaching Award or equivalent	✓	
Working towards UKCC Level 3 Coaching Award, or equivalent.		✓
Educated to degree level in a relevant discipline.		✓
Skills and Experience	Essential	Desirable
Demonstrable recent experience of supporting a high-performance age grade netball team.	✓	
Analytical thinker – can contribute to and implement the strategic vision of the Head Coach.	✓	
Ability to support high-performance culture with transparent and honest leadership.	✓	

Have an athlete centred approach to ensure effective development of individual athletes and the team.	✓	
Demonstrates knowledge of netball technical and tactical requirements at high performance (age group U17 or U19) level	✓	
An understanding of coaching, sport development, talent ID, talent pathways		✓
A sound working knowledge of Microsoft office (word, excel, PowerPoint, Access, and Outlook)		✓
Ability to take a flexible approach to work issues and to plan and prioritise work to meet tight deadlines regarding both team and individual tasks.	✓	
The ability to work under pressure, take own initiative and contribute to the team.	✓	
The ability to communicate effectively with colleagues.	✓	
Passionate, motivated and enthusiastic about developing talented netball athletes.	✓	
Other	Essential	Desirable
Flexible working – regular evening and weekend working.	✓	
Able to travel within Wales and UK as required for competition.	✓	