



CARDIFF
DRAGONS

Pathway U19
Head Coach

September 2024

Introduction

Cardiff Dragons are looking to recruit an inspirational and motivated individual with excellent coaching and leadership qualities, and proven experience of working within high- performance netball to help us deliver on our ambitious aims as a Franchise as part of NSL 2.0.

We are looking for an U19 Head Coach to lead our Pathway Squad in the NPL competition. The Head Coach will work collaboratively to develop our Pathway athletes at U19 age group, leading and preparing athletes both on and off the court for performance competitions and supporting their evolution as athletes as they transition through the Cardiff Dragons Pathway.

The successful candidates will have a proven history of developing talent, along with the ability to demonstrate both technical and tactical competence appropriate to the U19 age group. The Head Coaches will plan, lead, and deliver high-quality netball sessions for the U19 squad on a weekly basis in accordance with the 'Cardiff Dragons Way' and will lead the squad in the NPL U19s Competition. They will also work closely with the U23 Pathway Lead/ Head Coach and their respective Assistant Coaches to ensure a sustainable over supply of athletes for the Cardiff Dragons Pathway Programme to and ensure success for the future. The successful candidates will benefit from professional development opportunities.

Role Description

Role Summary: We are looking for an inspirational Pathway Head Coach to lead our U19 program, leading, managing and preparing athletes both on and off the court for performance competitions, and supporting their evolution as athletes as they transition through the Cardiff Dragons Pathway.

Typical Responsibilities

U19 Programmes:

- Plan, lead, and deliver high-quality netball sessions for the U19 Squad in preparation for the competition.
- Undertake the necessary planning for each session to ensure progression throughout, aligned with the Cardiff Dragons Way.
- Lead and coordinate the wider support team for the U19 Squad i.e., the multi-disciplinary support team (i.e., sports science and medicine).
- Work closely with the NSL Head Coach and Assistant Coach to establish rapport and effectively support the transition of athletes between the U19s and NSL squad.
- Work with the Performance Operations Lead, and the Team Manager, to co-ordinate and ensure the provision of U19 squad training and competition requirements.
- Support Pathway athletes through all requirements of anti-doping and drug testing prior, during and post international competitions.
- Lead and support the delivery of coaching workshops and mentor sessions for Cardiff Dragons Pathway coaches, schools, colleges, universities, and clubs as required.

Other:

- Support and maintain the successful image and profile of the Cardiff Dragons Pathway, and its athletes, and contribute to promotional activities as required.
- To ensure that all activities are conducted in an appropriate way in accordance with health

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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. This job description is not to be regarded as exhaustive.

Key Competencies

Qualifications	Essential	Desirable
○ UKCC Level 2 qualification	✓	
○ UKCC Level 3 qualification		✓
○ An undergraduate degree (or equivalent) in a relevant Subject		✓
○ Current certificate in Safeguarding and Protecting Children		✓
○ Current First Aid Qualification		✓
Skills & Experience	Essential	Desirable
○ Experience of working in a high-performance netball environment	✓	
○ An athlete centred approach to ensure effective development of individuals athletes	✓	
○ The ability to articulate tactical changes and technical improvements to players in a pressurised situation in a concise and meaningful manner appropriate to the U17 or U19 age group	✓	
○ Demonstrable recent experience of leading or supporting an elite age grade netball team	✓	
○ Excellent and up to date knowledge of netball technical and tactical requirements at high performance and elite level	✓	
○ The ability to lead and work within a multidisciplinary team	✓	
○ Experience of collaborating with other volunteers i.e. Team Manager and Assistant Coaches	✓	
○ Ability to create a high-performance culture with transparent and honest leadership	✓	
○ An athlete centred approach to ensure effective development of individual athletes	✓	
○ An understanding of the benefits of Sports Science and Medicine and Performance Analysis, and their application to performance netball	✓	

Other	Essential	Desirable
○ The ability to provide logical solutions to problems and to seek referral when necessary	✓	
○ The ability to communicate effectively with volunteers, athletes, and performance personnel, both orally and in writing	✓	
○ Initiative-taking, enthusiastic, and organised	✓	
○ Ability to travel extensively across the UK for competitions	✓	
○ Flexible working – including regular evening and weekend working	✓	

Terms of Appointment

Job Title: Pathway Head Coach (U19)

Contract: Volunteer position with an honorarium payment. October 2024- July 2025.

Location: Cardiff, with some travel across the UK for the NSL competition

Closing date: The closing date for applications, 16th October 2024

Interview dates: Interviews will be held on the 23rd or 25th October 2024. All interviews will be conducted virtually.

Key Information: Candidates should ideally be available to attend all the Cardiff Dragons training sessions and games during the season.

Court Session 1 – Tuesday's from 18:30-20:00 at House of Sport, Clos Parc, Cardiff, CF11 8AW on the following dates:

- November 5, 12, 19, 26
- December 3, 10, 17
- January 7, 14, 21, 28
- February 4, 11, 18, 25
- March 4, 11, 18, 25
- April – one day training camp day – Date TBC
- May / June – No training in May and June due to Exams
- July 8, 15, 22

Court Session 2 –Friday's from 19:00-20:20 at Sport Wales, Sophia Close, Pontcanna, Cardiff, CF11 9SW on the following dates:

- November 1, 8, 15, 22, 29
- December 6, 13, 20
- January 10, 17, 24, 31
- February 7, 14, 21, 28
- March 7, 14, 21, 28
- April one day training camp day – Date TBC
- May & June – No training in May and June due to Exams
- July 4, 11, 18

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Strength and Conditioning Sessions – 18:00 -19:00 at Cardiff University Gym, (Talybont South Dickenson Place, Cardiff, CF14 3UU). Please note that S&C will operate on a carousel basis, with athletes having a group S&C session, followed by remote training. This will be led by our S&C Coach and the HC will not need to attend. Athletes will need to attend face to face S&C sessions on the following dates only:

- November 13
- December 4
- Jan 29,
- Feb 12, 19
- March 12
- April/ May/June – No Training
- July – S&C sessions will be confirmed closer to the time, following the break for exams

Cardiff Dragons U19 Fixtures:

- Round 1 – Bye
- Round 2 – 7th Dec – AWAY – Loughborough Lightning
- Round 3 – 21st Dec – HOME – Pulse Power
- Round 4 – 11th Jan – AWAY – London Pulse
- Round 5 – 18th Jan – HOME – Leeds Rhinos
- Round 6 – 25th Jan – HOME – London Mavericks
- Round 7 – 15th Feb – AWAY – Nottingham Forest
- Round 8 – 22nd Feb – HOME – Birmingham Panthers
- Round 9 – 1st March – HOME – Manchester Thunder
- Round 10 – 22nd March – Away – Team Bath
- Round 11 – 29th March – AWAY – Leeds Rhinos (North East)
- Reserve Round – 5th April
- NSL Tournament – 25th, 26th and 27th July 2025

How to apply:

Please send your CV and covering letter outlining how you meet the essential and desirable criteria to info@cardiffdragons.com

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