

Job Description — Judo Conditioning Specialist

Job Title:	Judo Conditioning Specialist
Reports To:	GB Head Coach
Responsible For:	Delivery of specialist conditioning work to elite judo players
Job Based:	Based at the British Judo Performance Institute, Dartford
Salary:	£30 circa

Overall Purpose of the Job

- To work closely with the GB Head Coach to design and implement high quality judo specific strength and conditioning programmes for designated players
- Planning and delivery of conditioning and physical preparation of elite judo players to optimise individual player potential
- To ensure players are regularly tested, monitored and evaluated utilising the BJPI physical benchmarks
- To identify individual and progressive physical goals for player development and provide regular information and feedback to the GB Head Coach (and the Performance Directorate when required)
- To deliver to British Judo a fully specific integrated methodology and framework for judo conditioning
- To work with the coaching team and Institute sport science and sports medical staff to ensure strength and conditioning is delivered as part of an interdisciplinary programme and is effectively integrated into player's training programmes
- To provide education and training for Judo coaches in the Performance Network to develop and implement judo specific strength and conditioning programmes

Key Responsibilities

- To design and implement individual development, training and competition programmes, which meet the requirements of the benchmarks and performance objectives being agreed and set by GB Head Coach
- To contribute to the development and delivery of the British Judo High Performance coaching philosophy led by the GB Head Coach
- To devise and develop judo specific testing protocols which will have a direct impact on training and performance of players
- To produce individual player profiles to inform player development, programme development and performance monitoring
- To scientifically validate and interpret the methodology of test protocols and data and other scientific data
- To maintain a comprehensive database of work conducted with judoka and Judo coaches and to monitor success and compliance with the requirements of the world class performance programme
- To support the professional development and training for Judo coaches in the Performance Network, utilising the national protocols developed for 'judo specific conditioning' as they relate to the player performance pathway
- To ensure that resources are prioritised towards achievement of medals and other agreed performance targets and to set high performance standards to ensure adherence to world class expectations
- To ensure effective communication with other performance coaches, including Home Country coaches, personal coaches, sport science and sports medical support staff and management as required
- To ensure appropriate levels of confidentiality when liaising with athletes, other coaches and parents

The post holder will share with all colleagues the responsibility:

- For making suggestions to improve the working situation and contribute to positive employee relations within their area of work and the BJA as a whole;
- To help develop and maintain a successful image and profile for British Judo both in the UK and worldwide and to contribute to communication activity – including media briefings and publicity of performance activity within the sport
- To co-operate with measures introduced to ensure there is equality of opportunity in employment and sports equity and, in addition, for post holders with a management responsibility, to encourage their staff to ensure that they comply with all aspects of the equal opportunities in employment and sports equity policies and practices
- For ensuring that the working environment is free of sexual and racial harassment and intimidation and any other form of harassment constituting unacceptable behaviour which is personally offensive

- To comply with all aspects of the BJA Health and Safety Policy and Arrangements and, in addition, for post holders with a management responsibility, to encourage their staff to ensure that they also comply with all aspects of these arrangements
- To comply with all aspects of any codes of conduct that might apply by virtue of the BJA having a presence in facilities operated by third parties

Personal Profile

The personal profile is a picture of the skills, knowledge and experience needed to carry out the job. It has been used to prepare the job advert and will be used in the short listing and interview process

- A qualification at degree level (or equivalent) specialising in the physical preparation of elite athletes, or a related discipline
- Judo coach with a track record in successfully developing competitive players in the areas of physical preparation. Understands elite preparation, capable of instilling discipline, is decisive and willing to take responsibility for results
- A sound knowledge and understanding of modern judo preparation and training methods
- An in depth understanding of the coaching process and how strength and conditioning and other support can be effectively integrated within judoka training programmes
- Good presentation and communication skills that can motivate behavioural change to have a positive impact on performance
- Ability to plan, implement and review ongoing work with players
- A committed team player
- Committed to continuous personal and organisational improvement
- Computer literate
- Ability to work effectively with colleagues from both within the BJA and from other organisations
- Conveys an image that is consistent with the BJA's values, demonstrating qualities, traits and demeanour that command leadership respect
- Shows integrity and is fair, equitable and ethical in approach. Protects confidential information, adheres to policies and demonstrates loyalty to the BJA and the high performance team
- Willing to work irregular hours and travel extensively both within the UK and overseas, with overnight stays and weekend work
- A commitment to work at the British Judo Performance Institute (and elsewhere in the Network if required), from April 2009 onwards though to London 2012 Olympics, as a minimum

Employment Details and Benefits

Job Title: Judo Conditioning Specialist

Salary: 30k circa

Place of Work: The normal place of work will be at the British Judo Performance Institute, Dartford, but you will be expected to undertake any travel as is necessary to fulfil your job to the satisfaction of the Association

Tenure: This job will be offered on a fixed term basis from April 2009 to 31 March 2013, subject to continuation of funding.

A review will be undertaken approximately 6 months prior to the termination date to determine whether an extension of appointment will be offered. The BJA reserves the right to renew or not to renew the appointment at that time.

Period of Notice: 2 months

Hours of Work: Your normal hours of work are those hours necessary to fulfil the requirements of your position to the satisfaction of the Association. You will be required to work an average of 37½ hours per week.

Holiday Entitlement: Your annual holiday entitlement will be 20 days in the complete holiday year. In addition to this you will receive 8 bank/public holidays.

Pension Scheme: You may join the Association's contributory Pension Scheme - there is a contracting out certificate in force in respect of this scheme.

Private Health Scheme: After 3 months service you may be invited to join the Association's Private Health Scheme.

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 the light of the changing needs of the organisation.

The British Judo Association is an equal opportunities employer.

