



Leicester Riders Basketball
Morningside Arena
12 Memory Lane
Leicester
LE1 3UL

Strength and Conditioning Volunteer

Leicester Riders Basketball Club is the oldest professional club in Britain and has been one of the most successful Basketball Programmes in the past 10 years at all levels of competition. Over the past 10 years, the club has enjoyed success including numerous BBL League, Cup, Trophy and Play- Off titles. Leicester Riders Basketball Programme has a long-established Academy programme that aims to prepare young talent for playing at the university and collegiate level and is one of the largest academy programmes in the UK.

Description

Title: Strength & Conditioning Volunteer

Responsible to: Lead Strength & Conditioning Coach

Role: Assist in the delivery of S&C/Sport Science support to the Charnwood College England Development Academy Programme (Ages 16-19).

Hours of work: 8-16 hours per week (weekend and bank holiday availability preferable).

Placement duration: Aug/Sept 2024 – June 2025

Location: Primarily based in Loughborough at Charnwood College & University Campus, occasional travel to Leicester Morningside Arena for additional support.

Application deadline: 21st of April 2024

Key Tasks

- Lead and assist in the delivery of gym-based programmes and on-court S&C provision.
- Support with game days.
- Liaise with the physio staff to rehabilitate athletes and be involved with the return to play process.
- Collect player monitoring and provide training recommendations.
- Engage in CPD curriculum.





Person Specification

Essential
Enrolled in relevant Sport science/S&C course
Experience working within an interdisciplinary team
Minimum of 1-year experience delivering S&C support
Previous experience working with youth and/or University athletes
Ability to communicate effectively with people of various ages and backgrounds
Reliable and hardworking individual
DBS (this will be carried out by the club)
Desirable
Knowledge and understanding of general sport and a range of sport science practices
Previous experience within basketball or team sports
Full drivers licence
First Aid qualification
Child protection training
'Introduction to anti-doping' certificate

Will be assessed via the application and/or interview process.

To apply please forward your CV and accompanying Covering Letter to:

Lead Strength & Conditioning Coach:
Madeleine Westland - madeleine@riders.basketball

Head of Medical:
Ben Pogmore - ben@riders.basketball