

## Job Information Pack

**It is an exciting time to join British Weight Lifting – the National Governing Body responsible for weightlifting and para powerlifting. Our organisation is looking to expand and we currently have the following vacancy. We are looking forward to receiving applications from interested and appropriately qualified individuals.**

**Job Title:** BWL Sport Science Intern  
**Location:** University of Nottingham  
**Closing date:** 21 December 2023  
**Interviews:** **Online** - week commencing 8<sup>th</sup> January

1st Floor Office Suite, St Ann's Mill, Kirkstall  
Road, Leeds, West Yorkshire, LS5 3AE

**T:** 0113 224 9402

**E:** [enquiries@britishweightlifting.org](mailto:enquiries@britishweightlifting.org)

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## **About British Weight Lifting**

As the UK's recognised Governing Body for weightlifting and para-powerlifting and our role is to inspire a nation of weightlifters and para-powerlifters through exceptional leadership and expertise. We are responsible for the growth and success of weightlifting and para-powerlifting at every level. Our work sees us support a network of weightlifting bodies, clubs and gyms across the UK, as well as the thousands of people actively involved in Olympic and Paralympic weightlifting disciplines. We strive to deliver exceptional training programmes, educational structures and competitions that create opportunities for individuals to participate and excel in our sport.

**Vision**                    A new generation NGB focusing on weightlifting, para powerlifting and strength-related activities.

**Mission**                    To educate inspire and create greater opportunities that appeal to a more diverse and inclusive audience resulting in greater levels of activity and a fitter, healthier and stronger nation

**Approach**                    To be: innovative, focussed, collaborative agile and insightful.

**Values**                    **Care:**                    Maintain integrity and respectful relations with all our stakeholders, customers, partners, suppliers, employees and communities

**Share:**                    expertise, knowledge, passion, enjoyment and innovation

**Dare:**                    to make a difference to solve problems and achieve goals that drive performance and the sport forwards in a collaborative manner

## **Strategy**

We have recently developed a new strategy “**STRONGER-TOGETHER**” for 2021-2025 which incorporates two key strands:

### **BWL as an enabler and partner showcasing strength as a lifestyle:**

- Advocate for Strength
- Positive Experiences for all
- Connecting Health and Wellbeing
- Connecting Communities

### **BWL as an enabler of sporting success:**

- Membership at the Heart of everything we do
- Enabling ambition – Performance and Talent
- Workforce and People
- Innovation to Enable Broader Management

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### **Job Description**

- Job Title:** BWL Sport Science Intern
- Remuneration:** Voluntary Role (up to 24 days per year on training camps)
- Travel expenses will be paid
  - Accommodation & catering is provided for training camps
  - BWL Level 1 & 2 Coaching Weightlifting Qualification
  - Team Kit
- Location:** University of Nottingham
- Responsible to:** BWL Lead Performance Scientist

The role will require some weekend travel and overnight stays to support the delivery of England & GB Training Camps & Squads taking place at the University of Nottingham and Brunel University London (from time to time)

### **Main purpose of the Job:**

- To support the BWL performance team to improve the implementation of performance analysis and sport science support for Great Britain's strongest athletes.
- Work closely with the BWL performance team to answer critical performance questions, this can be an opportunity to conduct a research project which fulfils the demands of an educational programme if successful applicants are currently in education.
- While BWL cannot provide academic supervision there is opportunity for mentorship and training from the BWL performance team with regards to both the equipment and analysis systems used to capture and analyse performance data which we hope will support the development of successful applicants and provide them with real world experience of how sport science is implemented in elite sport.

### **Key Responsibilities:**

- Assist in the capture of key physical performance indicators during training camps and squads.
- In some instances, you may be required to capture this independently.
- Assist in the capture of technical performance during camps.
- Provide support and assist in the extraction, analysis and presentation of the data captured.

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### **Person Specification**

The person specification describes the experience, qualifications, knowledge, skills and abilities that BWL are looking for.

#### **Essential skills/experience are:**

- Being open to learning and willing to invest time in personal development.
- Currently studying a higher degree in Sport Science or equivalent (i.e. MSc in Strength and Conditioning).
- Familiarity with the use of force plates and standardised testing protocols (i.e. isometric mid-thigh pulls and countermovement jumps).
- Some understanding of the physiological and biomechanical principles of strength and power development
- Some experience in planning and delivering performance testing with large groups or individuals.
- Ability to prioritise and maintain focus on essential tasks.
- Ability to build and maintain positive relationships with people from all backgrounds.
- Outstanding communication skills – written, verbal and presentation.
- Commitment to working collaboratively as part of a performance team.
- Commitment to equality and diversity.
- Full driving licence.
- Strong IT skills (i.e. Microsoft excel).
- A DBS Check at the Enhanced level will be required for this role.

#### **Desirable skills/experience are:**

- Ability to accurately analyse, present and succinctly discuss performance data
- Be able to demonstrate a strong passion for the sport of Weightlifting
- Weightlifting or Strength & Conditioning coaching experience
- Experience of working in a performance orientated environment

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### **Day Rate and benefits**

The day rate for the position will be circa £100 per day, depending on experience and qualifications. You are required to work 0.5 days per week (not including training camps and competitions). Day rates are reviewed each year in April. You will receive a Fixed fee for travel expenses to attend key BWL pathway events (including National competitions, coach development days and training camps & squads)

### **Commitment to Equality**

BWL is a recognised equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates regardless of age, disability, gender reassignment, marriage and civil partnership, sexual orientation, pregnancy and maternity, race, religion, belief and gender.

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