



## Job Description

### Position Details

|                     |  |
|---------------------|--|
| <b>Job Title</b>    | <b>Weightlifting Coach</b>                                     |
| <b>Location</b>     | <b>Odisha, India</b> (travel to various locations as required) |
| <b>Project</b>      | <b>Khel Vikas</b>  |
| <b>Salary</b>       | <b>Dependent upon qualifications and experience</b>            |
| <b>Closing Date</b> | <b>28/02/2015</b>  |

### Job Purpose

To maximise the potential of the Khel Vikas Centre of Excellence and Senior Academy weightlifters who are currently competing at District, State and National level. Athletes are competing in Youth, Junior and Senior age groups in School, University, R.G.K.A. and Open competitions. The successful candidate will devise a comprehensive year round training programme, deliver coaching sessions and attend competitions with athletes.

### Key Responsibilities

- Work closely with the Supervisor of Elite Sport programmes to ensure the high quality delivery of a comprehensive athletics programme.
- Day to day coaching of both Centre of Excellence and Senior athletes.
- Act as a competition coach during competition season, attending all competitions as necessary.
- Plan and implement a Long Term Athlete Development (LTAD) programme.
- Keep athletes accountable for what they are doing and closely monitoring their training schedule and plans.
- Aid with the monitoring of nutritional intake of athletes.
- Support in the design and delivery of athlete and coach education courses involving weightlifting.

### General Requirements

- To be flexible in your role to meet the requirements of your job.
- To attend all training sessions as appropriate, and competitions and provide on-site support.
- To communicate effectively with management, sport science, coaching staff, athletes and other PSD projects.
- Act as an ambassador to PSD at all times upholding the organisations standards.
- Open to new cultures and experiences, comfortable working in a multi-cultural team.
- Willingness to travel.



## Personal Specification

| Job Requirements   | Assessment Criteria |           |
|--|---------------------|-----------|
|  | Essential           | Desirable |
| <b>Qualifications &amp; Training</b>   |                     |           |
| Specialized Weightlifting Coaching Qualification                             | ✓                   |           |
| <b>Experience</b>  |                     |           |
| Coaching weightlifters of a national/state standard                          | ✓                   |           |
| Weightlifting at National level  |                     | ✓         |
| Coaching at National Level Competition                                       |                     | ✓         |
| <b>Knowledge &amp; Skills</b>  |                     |           |
| Understanding of advanced technique  | ✓                   |           |
| Understanding of coaching principles   | ✓                   |           |
| LTAD   |                     | ✓         |
| <b>General Attributes</b>  |                     |           |
| Demonstrate enthusiasm for sports and fitness                                | ✓                   |           |
| Excellent team working skills  | ✓                   |           |
| Willingness to work outside the normal office hours as required for events   | ✓                   |           |
| A role model who promotes high standards, demonstrates integrity and honesty | ✓                   |           |

## About PSD

PSD is a sport development organization that uses sport as a means for the holistic development of youth, by promoting their sustainable participation in sport, as well as providing those with the ability and desire, a platform to excel and progress to elite levels. PSD works towards the development of sport at the grassroots by implementing sports programs (Physical Education (PE), sports coaching and elite athlete development) in schools and communities, training coaches, and PE teachers, organising and hosting sports events and competition, as well as facilitating sports infrastructure development.