



NATIONAL TRIATHLON CENTRE APPRENTICE COACH

JOB DESCRIPTION
2025



JOB TITLE:

National Triathlon Centre Apprentice Coach

CONTRACT TYPE:

Part-time (2.5 days per week)

REPORTS TO:

National Head Coach

KEY INTERFACE WILL INCLUDE:

Performance Director; the National Head Coach; the NTC Coaches and the University of Limerick Sport; the HP Programmes Manager and TI Staff.

BASED:

National Triathlon Centre based at University of Limerick (UL); International Camps and travel domestically and internationally when required.

BUDGET RESPONSIBILITY: NO

NTC operational budget, supported by PD, HP Programme Manager.



POSITION OVERVIEW

Triathlon Ireland is looking to appoint a National Triathlon Centre Apprentice Coach, working with our National Head Coach and 2 NTC Coaches and HP Team to play a role in the realisation of our strategy; development of our Team Ireland culture and values for the next four years in the lead into the 2028 Los Angeles Olympics and Paralympics.

JOB PURPOSE

- To provide coaching support to the NTC performance programme.
- To support the coaching environment of the NTC in Limerick with the NHC and the 2 NTC Assistant Coaches.
- To enhance the capacity of the NTC and provide coaching support for the UL Triathlon Club.

KEY TASKS

- Work with all the NTC coaches to create a high-performance environment, including an inspirational training and racing environment.
- This is a 'hands on' coaching role.
- Maintain regular communication between coaches to ensure continuity, consistency and performance needs are delivered to all athletes on the programme.
- Support NTC coaches with the delivery of all daily sessions.
- Support the design, delivery of identified daily training sessions.
- Collect regular training information on identified athletes.
- Attend and support National Pathways talent and training days, including camps.
- Complete CPD tasks as identified by the PD and National Coach.
- Support the coach for the future UL student triathlon club.

PLANNING

- Support the NHC and 2 NTC Assistant Coaches to plan, deliver and review coaching for the NTC, camps and any coach cover that may be required.
- In conjunction with the Performance Director, NHC and the 2 NTC Assistant Coaches, plan camps; races and coach where appropriate.

COMMUNICATION

- Good written and verbal communication skills.
- Good organisational and administration skills.
- Strong interpersonal skills including high integrity and the capability to build trusting relationships with coaches, athletes and other team staff.
- Demonstrated collaborative style and understanding to work positively in partnership with our key stakeholders, internal and external.

GENERAL

- Provide support and advice to TI staff and volunteers working in High Performance activity within the National squads.
- Help develop and maintain a successful image and profile for the HP triathlon programmes in Ireland.

PERSON SPECIFICATION (GENERAL)

QUALIFICATIONS

ESSENTIAL:

- Undergraduate degree in Sports Coaching; PE; Sports Management; Sports Science; Level 1 NGB Triathlon Qualification or a related field.

DESIRABLE:

- A NGB Level 2 Triathlon Qualification in swimming, biking and running.

RELEVANT SKILLS AND/OR APTITUDES:

- An ability to work effectively within a team of athletes and staff.
- Strong interpersonal skills with an ability to build and maintain relationships – with athletes and coaches alike – in a performance environment.
- Excellent communication skills – communicates effectively, clearly and confidently in written, verbal and electronic forms.
- Self-motivated with a demonstrable commitment to learning, self-development and personal development.
- A passion for coaching and developing people.
- Understands the needs of others, and able to effectively build relationships with a range of people.
- Excellent communication skills – communicates effectively, clearly, and confidently in written, verbal, and electronic forms
- Can work independently when required and with support; work under own initiative, proactively seeking out support and guidance when required.
- Treats people with respect, protects confidential information, adheres to the company's policies.

KNOWLEDGE AND EXPERIENCE

ESSENTIAL:

- Coaching experience, 1-2 years.
- Experience of sports coaching and supporting people to achieve a goal.
- Experience of working in a team to deliver mutually agreed goals.
- An understanding of the principles of athlete performance.
- An understanding of ethical and safeguarding issues in sport including Anti-Doping, Child Protection and mental health & wellbeing.

DESIRABLE:

- Experience of working within a NGB.
- An understanding of the use of sports science and medicine in developing athlete performance.

PERSONAL ATTRIBUTES

INCLUSIVE

- Habitually collaborates, seeks the opinions of others, and proactively asks for feedback.
- Team-focused and can take on a variety of roles.
- Treats everyone with respect, integrity, and honesty.

PEOPLE FOCUSED

- Excellent communicator.
- Can quickly build (and maintain) effective relationships with a broad range of people.

AMBITIOUS

- Self-motivated
- Innovative, and continually looks to improve.
- Sets challenging targets and is willing to be held accountable for them.
- Willingness to work non-business hours and to travel extensively.
- Good organisational and administration skills.

EXCELLENCE

- Willing to tackle challenging issues with support and looking to provide solutions.
- Understands and protects confidentiality.

HOW TO APPLY

If you are interested in applying for this position please send your C.V. and a cover letter , outlining why you are an outstanding candidate for this exciting role to: laura@triathlonireland.com

For an informal conversation or further information please contact Performance Director, Gordon Crawford: pd@triathlonireland.com

DEADLINE FOR APPLICATIONS: 31ST JANUARY 2025

Our **RESILIENCE** as triathletes & coaches
to **ENGAGE, ENABLE + SUPPORT** each other
creates **COLLECTIVE POWER**!!
This **EMPOWERMENT**
builds **CHARACTER, TRUST**
and above all **RESPECT**
Onward Together!



IRELAND