

PERFORMANCE NUTRITIONIST - ROLE DESCRIPTION



Why Do We Need You?

The Nutritionist is a vital performance support role within England Touch Association (ETA).

They support our national squads by providing expert, evidence-based nutritional guidance, fuelling strategies and performance-focused dietary support. They are knowledgeable, proactive and detail-oriented, working with the Head of Performance Support Services, Lead Performance Nutritionist, coaching staff, and the wider performance support team to ensure our athletes are optimally fuelled, well-recovered and able to perform at their best.

In summary, an England Touch Nutritionist will:

- Design and deliver nutrition strategies for ETA players across training camps and international tournaments; and
- Work closely with the Head of Performance Support Services, Lead Performance Nutritionist and the wider performance support team to implement nutrition plans that optimise performance, recovery and overall health in line with the overall elite player development strategy.

Role Details

Department	Pathways and Performance, Performance Support Services
Supported by	Head of Performance Support Services
Supporting	This role has no line management responsibility
Hours	1-2 hours / week, plus at least one training camp
Contract Type	Volunteer and part time for the length of the campaign (i.e. for one month after the tour, allowing for review periods)
Remuneration	£50 / day for training camps.
Location	Work from home and various other locations as required (pre-approved expenses will be reimbursed upon completion of the standard expenses form to Finance)

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What You'll Do

1. Management of Players

- a. Develop nutrition strategies tailored to athletes, considering training, training camps and tournament structure.
- b. Provide information and education regarding supplement use, ensuring compliance with anti-doping regulations.
- c. Provide tournament specific resources, considering travel and location.

2. Collaboration

- a. Work closely with coaches, players and wider performance staff.
- b. Design and deliver educational sessions and resources to support nutrition strategies considering fuelling, hydration and recovery.
- c. Work collaboratively with the Head of Performance Support Services, Lead Nutritionist and wider team to continuously develop and enhance nutrition provision within ETA.

Who You Are

Essential Qualifications / Skills / Experience:

- BSc degree in a related topic
- Experience of working with team sport athletes, designing and implementing performance nutrition advice.
- Understanding of hydration, macronutrients, recovery science and injury nutrition, metabolism, supplement and ergogenic aids

Desirable:

- 1-2 years' experience working with athletes
- MSc in Sports Nutrition (working towards)

Attributes:

- Desire to contribute and attain excellence.
- Self-motivated and able to work independently as well as part of a team.
- Demonstrated success in managing individual differences and group dynamics.
- Innovative, self-assured and willing to accept and encourage constructive challenges.
- Highly motivated and energetic with a passion for high performance in sport.
- Commitment to the ETA's Values: inclusivity, transparency, ambition, unity and respect.