



## Sport Psychologist — National Squad / Indian Shooting Team

**Organisation:** The National Rifle Association of India (NRAI)

**Position:** Sport Psychologist (Sport Science Support Staff)

**Location:** Dr. Karni Singh Shooting Ranges, New Delhi

**Reporting Line:** High Performance Director (HPD), working collaboratively with the coaches, sport science team, and sport psychology team

### Role Purpose

To deliver world-class sport psychology services that strengthen athletes' performance under pressure, accelerate learning in training, and support athlete wellbeing—through an integrated, collaborative approach embedded within the NRAI high-performance team environment.

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## Key Responsibilities

### 1) Athlete Support (Individual & Team)

- Conduct **individual consultations** with athletes to build robust competition routines, confidence, attentional control, emotional regulation, and “performance on demand”
- Deliver **small-group seminars/workshops** on psychological skills and strategies for peak performance.

### 2) Assessment, Profiling & Reporting

- Administer **sport psychology assessments**, collect data, and produce clear, actionable athlete reports in conjunction with the data science team.
- Submit **time-bound reports** on a monthly basis, aligned with training schedules, camps, and ISSF/Major Games competitions.

### 3) Self-Regulation & Biofeedback

- Teach and monitor **self-regulation techniques** using biofeedback technologies (e.g., breathing/HRV-based interventions), aligned to shooting performance demands.
- Teach and monitor cognitive emotional regulation related to competition such as reflective learning, positive reappraisal and mindfulness acceptance strategies to promote shooting performance.

### 4) Implement Champion Mindset psychological skills & strategies - perform under pressure:

- Meta-Cognitive Skills
- Motivational Climate
- Optimal Performance States
- Interpersonal Communication Skills
- Psychological Skills
- Self-regulation Skills
- Vision Training Skills
- Attentional Control Skills
- Stress Management
- Arousal Regulation
- Self-awareness

### 5) Performance Analysis Integrated with Shooting

- Contribute to performance preparation by analyzing **technical and tactical KPIs** relevant to shooting.
- Use **video and data analysis** to support learning, consistency, and competition readiness.
- Complete behavioral **shot-cycle analysis** in training and competition environments.

### 6) Mental Health

- Building a Supportive Culture
- Implement Structural Supports
- Manage Training and Environmental Stress
- Provide Proactive Mental Health Tools

### 7) Travel & Camp Support

- Travel with national teams **on a semi-regular basis** to camps and competitions (domestic/international as required).
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## Essential Qualifications & Experience

- **Master's Degree in Psychology or Sports Psychology.**
- **Minimum 10-years** of work experience in elite sport environment,
- **Physically fit** and able to travel with teams.

## Preferred Qualifications

- **Ph.D. / Ph.D. candidate** in Sport Psychology and/or Psychology.
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## Working Style & Professional Standards

- Operate with a highly collaborative approach within the interdisciplinary sport science performance team.
  - Maintain professional confidentiality, structured documentation, and athlete-centred service delivery.
  - No conflict of interest: If engaged with another organisation/academy/institution, the candidate must provide a **No Objection Certificate (NOC)** with the application.
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## Contract Terms (Summary)

- **Tenure:** Engagement up to the **2028 Olympic Games** (from date of appointment).
  - **Salary:** Decided on merit.
  - **Termination:** Either party may terminate with **30 days' notice**; NRAI may suspend the contract immediately in extreme cases.
  - **Selection:** Shortlisted candidates will be invited for interview by a Selection Board.
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## How to Apply

Interested candidates may send their application with **resume and achievements** to the NRAI by email at [indiashooting@gmail.com](mailto:indiashooting@gmail.com) (attach NOC if applicable).