

## JOB DESCRIPTION

<b>JOB TITLE</b>	Senior Strength & Conditioning Coach (Multisport)
<b>SALARY</b>	£43,329
<b>GRADE</b>	E
<b>HOURS</b>	0.5 FTE equalling 18.5 hours/ week (Monday, Thursday am, Friday am required) This post is for a fixed term until 31st March 2025.
<b>LOCATION</b>	Bisham Abbey National Sports Centre.

### ROLE SUMMARY

As a Senior Strength and Conditioning coach, you will be working with athletes from numerous Paralympic and Olympic sports. These include England Squash, British Bobsleigh, GB Snowsports and supporting the Intensive Rehabilitation Unit. You will be working in collaboration with a multidisciplinary team to manage and deliver the Strength and Conditioning service. You will be required to improve performance and mitigate injury risks through developing, implementing and evaluating strength and conditioning programmes that reflect scientific principles as they relate to adaptation, periodisation, peaking, tapering and injury rehabilitation.

The role involves a highly collaborative approach to optimize diverse professional working relationships. This requires excellent stakeholder management skills, along with strong communication and interpersonal abilities, adaptability, high accountability, and proactive anticipation and understanding of needs.

Responsible for supporting equipment and facilities management of the Elite Training Facility and leading projects related to resource creation or learning design. While the role offers some flexibility, it is essential to accommodate the athletes' current schedule, which focuses on Mondays, Thursday mornings, and Friday mornings.

### KEY RESPONSIBILITIES

- Manage and develop the Bisham strength and conditioning multisport delivery and facility provision for through the programming and delivery of leading-edge strength and conditioning services.
- Ensure that the delivery of the strength and conditioning service meets its commitments to athletes, coaches and relevant NGB performance support teams including appropriate training objectives.
- Work with coaches and support staff to deliver an interdisciplinary approach to performance development
- Identify and facilitate appropriate communication methods, including
- Work within the rules of professional confidentiality, liaise with athletes, primary care managers, parents, coaches and other support staff as appropriate within the rules of the UKSCA Code of Conduct, standards and guidelines and where appropriate, the UKSI host agency
- Engage with and support continuous professional development in anti-doping, i.e. UKAD Accredited Advisor Certification
- Can demonstrate knowledge and awareness of Athlete Support Personnel roles and responsibilities under the current World Anti-Doping Code

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workshops, to inform and educate athletes, coaches and Performance Directors in the effective use of strength and conditioning

- Maintain a comprehensive, indexed database of work conducted with athletes and coaches
- Attend, contribute to and provide regular reports at appropriate meetings associated with the programme and to key stakeholders including other UKSI colleagues and NGB staff.

- Contribute to knowledge development, aggregation and sharing across the organisation to support the development of world class strength & conditioning services to NGB's and the high-performance system.
- Embed equality, diversity and inclusion values and principles in all ways of working and in the delivery of the Performance Planning Strategy.

## ROLE DIMENSIONS

### REPORTS TO

### DIRECT REPORTS

### BUDGET ACCOUNTABILITY

Head of Strength and Conditioning

N/A

N/A

## KEY RELATIONSHIPS

- NGB coaches, Heads of Performance support and support staff
- S&C Technical Lead team
- UKSI Support staff

- Other network S&C Coaches
- Athletes
- Operations Team (Bisham)

## PERSON SPECIFICATION

COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
<b>Qualifications</b>		
Degree level (or equivalent) in sports science or related area, specialising in physical preparation of elite athletes	<b>Essential</b>	<b>Sight of certificates</b>
Higher degree level (or equivalent) specialising in the physical preparation of elite athletes	<b>Desirable</b>	<b>Sight of certificates</b>
<b>Experience</b>		
Extensive experience in the provision of strength and conditioning service, including coaching to athletes and coaches to improve performance. This experience should include work with national teams and their athletes.	<b>Essential</b>	<b>Application Interview</b>
Experience in the provision of strength and conditioning service delivery to Paralympic athletes.	<b>Desirable</b>	<b>Application Interview</b>
Extensive experience of analysing the demands of a sport in relation to the performance outcomes and identify the strength and conditioning	<b>Essential</b>	<b>Application</b>

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requirements. To develop, implement and evaluate strength and conditioning programmes for individual athletes within these sports		Interview Assessment
Extensive experience of strategic planning including individual programming supported by specific diagnostics and monitoring which inform the coaching process	Essential	Application Interview
Extensive verifiable record of working within a multi-disciplinary team in the delivery of strength and conditioning services to high performance sport	Essential	Application Interview
Extensive experience of dealing with national performance programmes within National Governing Bodies of sport	Essential	Application Interview
<b>Knowledge and Skills</b>		
Excellent understanding of the needs of elite athletes and coaches in a high performance environment	Essential	Assessment Interview
Thorough understanding of the various sports science and sports medicine disciplines	Essential	Application Interview
Excellent anatomical knowledge and ability to apply this within a strength and conditioning environment	Essential	Interview
Thorough knowledge of and proven ability to teach barbell lifts, supplementary exercises and ground based drills including how to correct common faults with appropriate diagnostics and monitoring	Essential	Assessment
Thorough knowledge and proven ability in constructing strength, speed/change of direction and fitness based training schedules both gym and field based, with appropriate diagnostics and monitoring including an indexed database of work conducted with athletes	Essential	Assessment Interview
Highly skilled in modifying strength and conditioning programmes according to the results of assessment data, in conjunction with coaches and other support staff	Essential	Interview
Ability to competently scientifically validate and interpret the methodology of test protocols and data and other scientific data	Essential	Interview
Highly skilled in communicating complex data in terms that are easily understood by a wide range of audiences	Essential	Interview
Excellent coaching skills including the ability to adapt to the environment to motivate behavioural change and augment performance	Essential	Interview
Proven skills in the performance management of staff to ensure their effective operation, job satisfaction and personal development including work allocation, training, performance reviews and discipline.	Essential	Interview
Skilled in building and maintaining productive relationships with high performance staff within national governing bodies of sport	Essential	Interview
Can demonstrate knowledge and awareness of Athlete Support Personnel roles and responsibilities under the 2015 World Anti-Doping Code	Desirable	Interview
Having the willingness to engage with and support continuous professional development	Desirable	Interview
Embedding equality, diversity and inclusion values and principles in all ways of working and in the delivery of the Performance Planning Strategy	Essential	Application Interview

WE CARE.  
**WE COLLABORATE.**  
WE INNOVATE.  
**WE EXCEL.**



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May be required to work athletes under 18 (DBS check required)	Yes	

All UKSI practitioners are expected to engage with and support training and professional development in anti-doping, i.e., Introduction to Clean Sport, safeguarding and GDPR. Practitioners are also expected to adhere to all UKSI policies and procedures and show commitment to promoting and supporting equality, diversity, and safeguarding within sport

**END OF JOB DESCRIPTION**