



## Cleethorpes and District Swimming Club Limited

Formed in 1976, Cleethorpes and District Swimming Club (CADS) is seeking to appoint a suitably experienced leader as Head Coach to their ambitious competitive swim programme.

The Club operates out of 6 local Leisure and Educational Centres across North East and North Lincolnshire and during the summer months, organises open water lido sessions for all levels of swimmer. With 120 competitive members and 500 Learn to Swim attendees the club is well positioned to reach its ambitious targets over the next few seasons, including the expansion of our competitive function and obtaining Regional and National placings across our elite squad training programme.

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# STRENGTH & CONDITIONING COACH

Part Time Flexible Hours | Contracted or Self Employed

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As our club continues to grow our aim is to engage with a highly skilled and motivated Strength and Conditioning Coach with the vision to implement an inclusive programme of land training across all squads.

Whilst creating and sustaining an inclusive friendly environment focusing upon enjoyment and lifelong participation, the successful candidate will have a desire to implement the continued development of swimmers within the club and, through the introduction of a robust strength & conditioning plan.

Strength and Conditioning (S&C) involves the planning and implementation of physical preparation programmes aimed at enhancing the specific fitness components required to improve sports performance. By incorporating all aspects of physical conditioning for example strength, speed, power, endurance, flexibility and injury prevention, this role overlaps considerably with the core tasks of the Head Coach, who has overall responsibility for the physical, technical, and psychological preparation of the athlete.

The S&C programme contributes to improved performance in the pool, and through the dedication & skills provided you will have the ability to provide key guidelines in the integration of land sessions into the pool. In addition, you will educate our swimmers in the principles of strength training and how it relates directly to their swimming, whilst planning and organising your sessions effectively and productively.

Working to a zero hour agreement with sessions covering mornings, evenings, and weekends, you will possess the flexibility to work to the needs of the current club timetable, underpinning existing sessions with essential land sessions throughout the week.

Our dedicated committee hold a wealth of knowledge across all genres of the business world, and as professional individuals will support both yourself and your colleagues throughout your role.

Therefore, if you would be interested in joining our well established competitive club, and wish to apply for this exciting role, we ask that you submit your CV along with a covering letter, detailing your experience, suitability, and motivation for applying for this role to:

Club Secretary at : [secretary.cads@gmail.com](mailto:secretary.cads@gmail.com)

or

HR Advisor at : [humanresources.cads@gmail.com](mailto:humanresources.cads@gmail.com)

The appointment is subject to receipt of satisfactory references and enhanced DBS certification, plus those qualifications defined within the Job Description and essential for this front facing role.