



Cleethorpes and District Swimming Club Limited

STRENGTH & CONDITIONING COACH

Part Time Flexible Hours | Contracted or Self Employed

Key Function:

This role has the ability to focus upon an athlete's strengths and weaknesses, physical abilities, maximal effective training loads and lifestyle demands, whilst maximising the effectiveness of the current club training programme.

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 (i.e. strength, speed, power, endurance, flexibility, injury prevention etc), 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 success of the whole programme, as measured by swimming performance, is therefore dependant on the swimming and S&C programmes complimenting each other. A programme driven by strong communication between the Head Coach, the Strength & Conditioning Coach, and the athlete.

Strength and conditioning training programme:

It is crucial that the Coaching Team have clearly defined roles and that the two forms of training are used to target the specific fitness qualities that the athlete requires. Swim training clearly provides the most specific method of developing the athletes' cardiovascular and metabolic (energy producing) systems, while land based training provides an excellent method of overloading the neuromuscular system.

Ultimately the S&C programme must contribute to improving performance in the pool with the aim of this key function is to:

1. Provide guidelines for the process of integrating the swimming and S&C programmes.
2. Provide an overview of the principles of strength training as they relate to swimming.
3. Provide a typology of strength training.
4. Provide general guidelines on the planning and organisation of strength training.



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Integrating Swimming Training with S&C.

The delivery process is as follows | the Strength & Conditioning Coach will:

- Observe the athletes swimming and assess their needs.
- Perform a full analysis of the athlete prior to planning the S&C programme.
- Collaborate with the Coaching Team regarding the proposed programme.
- Deliver a tailored and designated workout for each swimmer / squad.

Meetings and Extra Curricular Attendance:

- Keep in regular contact (minimum fortnightly) with athletes to discuss progress.
- Provide a quarterly report to the Head Coach / Committee detailing athlete's progress.
- Meet with the Head Coach (minimum fortnightly) to arrange any adjustments to sessions.
- Attend any courses deemed advantageous to the progression of the role & function.

Swim England and ASA Requirements:

Each S&C Coach will ensure they possess the following skills and uphold the expectations of a customer facing community environment and in addition, provide copies of all relevant standard certificates to the Executive Committee on appointment, and following this on renewal or requalification.

Qualification Requirements:

- A qualification at degree level (or equivalent) in sports science or related area specialising in the area of physical preparation of elite athletes.
- A professional coaching certification in one or two sports.
- Experience working as a coach in sport / Strength & Conditioning.
- Experience working within a Gym / Physical Educational Environment.

Employment Requirements:

- Fully enhanced Disclosure and Barring Check (DBS)
- Safeguarding Level 1 (Adults and Children's)



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Personal Qualities:

- Self-Motivated with ability to motivate others
- High levels of technical knowledge
- Excellent communication & management skills
- Punctuality & Reliability
- Time management
- Ability to provide key training standards to all regardless of ability and need

Reporting to:

- Primarily : Head Coach
- Secondary: Executive Committee | Cleethorpes and District Swim Club.

Location:

- Due to the nature of this role and the fluidity of the needs of the swimmers this role has the adaptability to be based at a location defined by the club or in turn an existing location utilised by the Strength and Conditioning Coach.

Appearance / Attendance:

- As S&C Coach you will wear appropriate clothing for all sessions which defines your role.
- Arrive at all sessions 15 minutes prior to the start of the session and ensure that all athletes are accounted for and collected at the end of each session.

Disclaimer: Please note that at times the S&C Coach may be expected at times to perform any other duties assigned to enhance the needs of the club and in addition, the allocated job description does not constitute as a contract of employment and the organisation may exercise its employment-at-will rights at any time.

This Job Description sets out the main aspects of the job, but it should not be taken as a complete description of the job in its entirety.