



Job Description

Job Title	Programme: Unlock Your Potential: Elite Sports Placement Programme Job Title: Strength and Conditioning Placement
Department	Sports Academy
Reporting to:	Head of S&C and Sports Therapy
Main Purpose of the role	
<p>To support in the delivery of effective strength and conditioning sessions for sports academies as directed by the Head of S&C and Sports Therapy and Assistant Strength and Conditioning coaches. Working closely within a multidisciplinary team, including fellow S&C coaches, medical staff and sports coaches. This role will focus on the athletic development of our sports academy students ensuring quality delivery is provided to each student.</p>	
Key Tasks / responsibilities:	
<ul style="list-style-type: none"> • Support the Strength and Conditioning Assistant Coach and Sports Therapy team in the delivery of all S&C training programmes. • Deliver Strength and Conditioning training programmes that reflect the needs of the sport, the individual and that are in line with long-term athlete development. • Support Sport coaches in the delivery of on pitch Athletic Development sessions. • To support the Assistant Strength and Conditioning coach in carrying out appropriate monitoring and physical profiling of athletes to inform training prescription, set physical targets and provide information and feedback to athletes and coaches. • Liaise regularly with all coaches to ensure a consistent framework of best practice is adhered to. • Ensure the academy S&C environment is complying with all health and safety requirements, including ratio of students to staff. 	
Role Dimensions	
<ul style="list-style-type: none"> • A developmental role, working directly with students from all sports academies to develop their knowledge, understanding, and performance within the strength and conditioning programme. 	
Key Interfaces	
<ul style="list-style-type: none"> • Head of S&C and Sports Therapy • Other SGS Sport placement students • Fellow support staff – S&C coaches and medical team • All academy coaches • Curriculum Director Personal and Social Development 	

Supporting College Goals and Values – all roles					
<p>In addition to the particular requirements and characteristics of individual roles, all people employed by SGS College are expected to actively support the achievement of the College's goals and, at all times, both internally and externally, to behave in a manner consistent with the College's mission and values.</p> <p>This means:</p> <ul style="list-style-type: none"> • Performing your role and delivering your service in a way that helps the College achieve its strategic objectives and annual development and improvement plans - taking account of available resources and national developments. • Promoting the image of the College as one that is committed to the highest standards of delivery and service. • Sharing the College's commitment to safeguarding and prioritising the welfare of children, young people and vulnerable adults and demonstrating it in your day to day work. • Sharing and prioritising the effective implementation of the College's Equality and Diversity Policy. • Promoting and implementing best practice in Health and Safety 					
Measurable Performance Standards for this role					
<ul style="list-style-type: none"> • Number of students showing an improvement in both physicality and performance. 					
Level of Disclosure and Barring (DBS) disclosure required					
3: Enhanced with barred list checks,					
Author and Date					
Connor Sidley-Adams					
Job Evaluation (for HR Completion)					
Score		Profile		Level	

As the needs of the College change, so the above job profile, duties and location of the role within the College may be adjusted accordingly.

Where an employee indicates a disability, every effort will be made to make reasonable adjustments. If, however, a certain task proves to be unachievable, job redesign will be given full consideration

Person Specification

Strength and Conditioning Placement JD



Criteria	Essential	Desirable	Assessed by
Qualifications and attainments			
Working towards a degree or higher in Sports Science or a related discipline.	✓		Application form
Current first aid certificate.		✓	Application form
Experience and knowledge			
Experience within the discipline of Strength and Conditioning.		✓	Application form/interview
Coaching experience in athletic development and working with young athletes.		✓	Application form/interview
Excellent knowledge of long-term development practices for young male and female athletes.		✓	Application form/interview
Skills and abilities			
Well-developed administrative and organisational skills, including a good working knowledge of Microsoft Office software package.	✓		Application form/interview
Outstanding communication skills in a variety of environments.	✓		Application form/interview
Professional approach, presence and appearance	✓		Interview
Essential College attributes			
Initiative: Demonstrating the willingness and ability to use initiative – whether that means deciding on necessary action and following it through - or suggesting ways to work in a better way.	✓		Application form/ interview

Criteria	Essential	Desirable	Assessed by
Influencing skills: The ability to persuade others.	✓		Application form/ interview
Interpersonal Skills: The ability to communicate and interact with other people in a way that promotes cooperative relationships.	✓		Application form/ interview
Teamwork: The willingness and ability to collaborate and work closely with colleagues in a mutually supportive manner.	✓		Application form/ interview
Circumstances of role (if applicable)			
Full clean driving licence		✓	Application form