

# Task Description



## Title: Strength and Conditioning Coach

Touch is one of the fastest growing sports in England, played by people of all ages and skill levels. England Touch is the national governing body for Touch in England and is responsible for the governance and development of the sport. Your role as S&C Coach is to support elite Touch players in their preparation for international competition.

### Job purpose:

- To provide strength and conditioning support to England national coaches and their respective athletes.

### Experience:

- Experience of working in the field of strength and conditioning with team sport athletes, designing and implementing conditioning programmes.

### Qualifications:

- BSc degree in Sport and Exercise Science with a an emphasis on strength and conditioning (essential)
- Accredited with UKSCA or working towards (desirable)

**Hours required:** Non-regular; this can included weekends.

### Key dates:

- England training camps
- European Touch Championships, Nottingham
- Junior Touch Championships

### Skills and Qualities:

<b>Person specification</b>	<b>E</b>	<b>D</b>
Demonstrate experience of strength and conditioning within a team sport environment	E	
Self-motivated and able to work independently as well as part of a team	E	
Working knowledge of the sport of Touch		D
Ability to develop a Touch specific S&C programme in line with the demands of the sport	E	
Highly motivated and energetic with a passion for high performance in sport	E	
Ability to demonstrate understanding and interpret findings of Touch related literature	E	
Passion for continuous optimisation of athletes' performance	E	
UKSCA accredited		D

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Scope of job/key elements:

Main duties and Job Accountabilities	Measures and input required
<p><b>Education of coaches, managers and players</b></p>	<ul style="list-style-type: none"> <li>• To liaise with Head of Medical Services and Lead Sport Scientist to deliver S&amp;C programmes in line with ETA performance targets.</li> <li>• Provide guidance to players and coaches, regarding best practice in relation to strength training and conditioning practices.</li> <li>• To work alongside all Medical personnel to support players welfare</li> </ul>
<p><b>Management of players</b></p>	<ul style="list-style-type: none"> <li>• To advise, liaise and work closely with the Head of Medical Services regarding player welfare.</li> <li>• To provide all England players with suitable and safe strength and conditioning programmes in the build-up to international competition.</li> <li>• To develop individual/team assessments and appropriate management strategy which incorporate the relevant level of support and advice to facilitate performance</li> <li>• To provide support during international tournaments including; recovery, well-being, muscle function, movement demands, physiological responses to match-play and any other matters</li> </ul>

**Reports to:** See Organisational Chart – Lead Sport Scientist

**Locations:** Varied

**Contract type:** Fixed term – annual review (January) Normal appointment by interview

**Salary:** Voluntary role, expenses paid if applicable.