

LEAD STRENGTH & CONDITIONING COACH (ADULT PROGRAMME) - ROLE DESCRIPTION



Why Do We Need You?

The Strength & Conditioning (S&C) Coach is an important performance support role within the England Touch Association (ETA) Performance Programme.

They are responsible for leading the physical preparation and athletic development of ETA players during training camps and international tournaments, ensuring athletes are physically prepared to meet the demands of high-performance international Touch competition. The S&C Coach delivers evidence-based strength and conditioning support to optimise performance, reduce injury risk and enhance athlete availability.

They are proactive, athlete-centred and collaborative, working closely with coaches, physiotherapists and the wider performance support team to deliver integrated physical performance support within the performance environment.

In summary, an ETA S&C Coach will:

- Provide strength and conditioning support for ETA athletes during training camps and international tournaments, and:
- Work collaboratively with coaches and the wider performance support services team to deliver physical preparation, recovery and athlete development strategies that support performance and athlete wellbeing inline with ETA's performance model.

Role Details

Department	Pathways and Performance, Performance Support Services
Supported by	Lead S&C Coach - Adult Programme / Head of Performance Support Services
Supporting	ETA athletes and wider performance support team
Hours	Non-regular hours, including attendance at 2 training camps across the adult programme.
Contract Type	Volunteer and part time for the length of the campaign (i.e. for one month after the tour, allowing for review periods)
Remuneration	£50 / day for training camps.
Location	Work from home and various other locations as required (pre-approved expenses reimbursed via standard ETA process).

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What You'll Do

1. Physical Preparation & Athlete Development

- a. Design and deliver evidence-based strength and conditioning programmes to enhance athlete performance, robustness and physical readiness.
- b. Support athletes with speed, agility, conditioning, strength, mobility and recovery strategies during training camps and tournaments.
- c. Monitor athlete workload, physical readiness training response to support performance and reduce injury risk.
- d. Assist with return to performance and modified training processes, in collaboration with the physiotherapy and coaching staff.
- e. Deliver warm-ups, movement preparation and recovery sessions appropriate to the demands of Touch competition.
- f. Educate athletes on physical preparation, recovery, nutrition support principles and performance lifestyle behaviours.

2. Collaboration & Programme Delivery

- a. Work closely with coaches and performance support services staff to support athlete health, availability and performance.
- b. Communicate effectively regarding athlete training status, physical readiness and programme adaptations while maintaining appropriate confidentiality.
- c. Assist in ensuring continuity of athlete support between camps and tournaments, where appropriate.
- d. Support the implementation of physical performance strategies aligned with ETA performance objectives.
- e. Contribute positively to the wider multidisciplinary team environment.

3. Monitoring and Administration

- a. Assist with athlete monitoring, data collection and performance reporting requirements as directed by the Head of Performance Support Services.
- b. Adhere to and uphold ETA policies, professional standards and scope of practice requirements relevant to the role.
- c. Maintain appropriate professional insurance and relevant professional accreditation requirements.
- d. Actively participate in CPD opportunities, both within ETA and externally.

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Who You Are

Essential Qualifications / Skills / Experience:

- Degree qualification in Strength & Conditioning, Sport Science or related discipline
- Accredited or working towards accreditation with UKSCA or equivalent professional body
- Experience of working with team sport athletes
- Strong understanding of athletic development, physical preparation and injury risk reduction principles
- Knowledge of strength, speed, conditioning and recovery methodologies within high performance sport
- Ability to communicate and collaborate effectively within the multidisciplinary performance environment
- Ability to deliver safe and effective training sessions within team environments
- Ability to work independently within an organised team environment

Desirable:

- MSc Strength & Conditioning or working towards
- Experience working within high performance or representative sporting environments
- Experience supporting athletes in training camp and tournament settings
- Experience using athlete monitoring or performance management systems
- Knowledge of workload monitoring and performance testing processes
- Understanding of Touch (touch rugby) or similar intermittent field-based sports

Attributes:

- High performance mindset with a commitment to excellence
- Strong communication and interpersonal skills
- Highly organised, proactive and detail oriented
- Confident working independently and as part of an integrated team
- Adaptable and resilient within high performance sport environments
- Commitment to the ETA's values: inclusivity, transparency, ambition, unity and respect.