

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



Why Do We Need You?

The Lead Strength & Conditioning Coach is a vital support role within the England Touch Association (ETA) Adult Performance Programme.

They are responsible for leading the physical preparation of opens, seniors and masters national squad athletes, ensuring athletes are physically prepared to meet the demands of elite international Touch competition.

In summary, an England Touch Association Lead Strength & Conditioning Coach will:

- Design and deliver strength and conditioning programmes for ETA opens, seniors and masters players across training camps and international tournaments.
- Collaborate with the Head of Performance Support Services, Lead S&C for the youth programme, team coaches and the wider performance support services team.
- Implement physical preparation strategies that optimise performance, reduce risk injury and support long-term athlete development in line with the overall elite player development strategy.

Role Details

Department	Pathways and Performance, Performance Support Services
Supported by	Lead Physiotherapist / Head of Performance Support Services
Supporting	This role will support S&C staff, students and interns where appropriate
Hours	1-2 hours / week, plus attending 2 training camps, and competitions as required
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. Management of Players

- a. Design and implement periodised strength and conditioning programmes aligned to the demands of international touch competition.
- b. Lead athlete physical preparation, including strength, power, speed, conditioning and injury prevention strategies.
- c. Monitor athlete training, load readiness and physical performance indicators to inform training decisions.
- d. Support injury risk reduction strategies and collaborate with medical and therapy staff on return to play processes where required.
- e. Provide tournament specific physical preparation strategies considering travel adaptation, recovery planning, and competition scheduling support.
- f. Ensure individual athlete needs are balanced with squad wide performance objectives.

2. Collaboration

- a. Work closely with coaches and performance support services staff to integrate strength & conditioning within the wider performance programme.
- b. Lead and deliver educational workshops and resources covering training principles, recovery, injury prevention, and performance habits.
- c. Provide leadership and direction to assistant / team / division strength & conditioning staff, where required.

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Who You Are

Essential Qualifications / Skills / Experience:

- BSc degree in a related degree and working toward an MSc in Strength and Conditioning.
- Experience of working with team sport athletes or high performance team sport athletes
- Strong understanding of periodisation, performance programme and athlete monitoring systems
- Strong and effective communication with athletes, coaches and multidisciplinary staff.

Desirable:

- 1-2 years' experience working in high performance sport environments
- UKSCA accreditation (or working towards)
- Experience in managing or mentoring strength and conditioning staff.

Attributes:

- Desire to contribute and attain excellence.
- Self-motivated and able to work independently as well as part of a team.
- Demonstrated success in managing individual differences and group dynamics.
- Innovative, self-assured and willing to accept and encourage constructive challenges.
- Highly motivated and energetic with a passion for high performance in sport.
- Commitment to the ETA's values: inclusivity, transparency, ambition, unity and respect.