

JOB DESCRIPTION

JOB TITLE Strength and Conditioning Coach (GB Boxing and Multisport)

SALARY £27,866-29,576

GRADE Level 2

HOURS 37

LOCATION SHEFFIELD

ROLE SUMMARY

This role will provide the delivery and development of strength and conditioning services for GB Boxing World Class Programme athletes, working as part of a multi-disciplinary team to create a high-performance training environment. Day to day delivery will involve the integration with coaches and the athletes in supporting delivery of S and C sessions to Podium boxers in line with their individual development plans. The role will also involve the opportunity to develop/lead the S and C delivery for the GB Boxing academy programme under the guidance of the senior S and C coach. The multisport aspect of the role will involve delivery and support of key multisport athletes within the region with responsibilities for both programming and delivery.

KEY RESPONSIBILITIES

- Work with coaches, support staff and athletes to deliver an interdisciplinary approach to performance development.
- With guidance from the GB Boxing Lead S&C Coach, develop the strength and conditioning service delivery and facility provision for GB Boxing through the programming and delivery of world class strength and conditioning services.
- Ensure that the delivery of the strength and conditioning service effectively meets its commitments to athletes, coaches and National Governing Bodies including appropriate training objectives.
- Identify and facilitate appropriate communication methods, to inform and educate athletes, coaches and Performance Directors in the effective use of strength and conditioning.
- With guidance from the GB Boxing Lead S&C Coach, maintain a comprehensive, indexed database of testing and monitoring, programming and planning conducted with athletes and coaches.
- Attend, contribute to and provide regular reports at appropriate meetings associated with the programme and to key stakeholders including other EIS colleagues and NGB staff.
- Work within the rules of professional confidentiality, liaise with athletes, primary care managers, parents, coaches and other support staff as appropriate within the rules of the UKSCA Code of Conduct, standards and guidelines and where appropriate, the EIS host agency.
- Have the willingness to engage with and support continuous professional development in anti-doping, i.e. UKAD Accredited Advisor Certification.
- Demonstrate knowledge and awareness of Athlete Support Personnel roles and responsibilities under the current World Anti-Doping Code.
- Contribute to knowledge development, aggregation and sharing across the organisation to support the development of world class strength & conditioning services and the high-performance system #CollectiveBrilliance.

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ROLE DIMENSIONS

REPORTS TO	Head of Performance Support, Senior Strength and Conditioning Coach
DIRECT REPORTS	N/A
BUDGET ACCOUNTABILITY	N/A

KEY RELATIONSHIPS

- Performance Director
- Head Coaches
- GB Boxing programme athletes

- Head of Performance Services
- Senior Strength and Conditioning coach
- EIS support staff

PERSON SPECIFICATION

COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Qualifications		
Degree level (or equivalent) in sports science or related area, specialising in physical preparation of elite athletes	Essential	Sight of certificates
Higher degree level (or equivalent) specialising in the physical preparation of elite athletes	Desirable	Sight of certificates
Experience		
Experience of providing strength and conditioning services to athletes and coaches to improve performance. This experience should include work with athletes preparing for defined competitive performance	Essential	Application Interview
Experience of analysing the demands of a sport in relation to the performance outcomes and identifying the strength and conditioning requirements	Essential	Application Interview
Experience of collaborating with technical sporting coaches and sport science and medicine practitioners in the delivery of strength and conditioning services to high performance athletes	Essential	Application Interview
Experience of planning including individual programming supported by specific diagnostics and monitoring, which informs the coaching process	Essential	Application Interview
Knowledge and Skills		
An understanding of the operational and performance needs of elite athletes, coaches, and organisations	Essential	Assessment Interview
Skilled at building and maintaining productive relationships	Essential	Application Interview
Ability to organise, coach and deliver training sessions to large groups of diverse personalities in high pressure environments	Essential	Assessment Interview

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COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Good coaching skills including the ability to adapt to the environment and individuals to motivate behavioural change and have a positive impact on performance	Essential	Assessment Interview
Knowledge and ability to construct adaptation driven conditioning, strength and speed/change of direction training programmes, both gym and field based, supported with appropriate diagnostics and monitoring	Essential	Assessment Interview
Knowledge of and ability to teach barbell lifts and supplementary exercises, including how to correct common faults with appropriate coaching interventions	Essential	Assessment Interview
Ability to utilise testing and monitoring processes in a reliable and valid way to gather, store and analyse data that informs making impactful training decisions in conjunction with coaches and other support staff	Essential	Application Assessment Interview
Governance		
An interest in sport and recognition of the importance of promoting and supporting equality, safeguarding and anti-doping within sport	Essential	Application/ Interview
May be required to work athletes under 18 (DBS check required)	Yes	

END OF JOB DESCRIPTION