

Job Description

Position: Strength and Conditioning coach

Line Manager: Director of Sport

The Strength & Conditioning coach is a non-academic associate of the school and:

- Needs to be at the gym at least 10min before the beginning of the training session (or the lecture where applicable)
- Has to come to school wearing the coaches uniform as this is set by the school management and is described in the school handbook
- Takes attendance in the morning and informs the Head Coach
- Knows in advance the training session theme and is well prepared with the relevant exercises to deliver the session.
- Sends to the Sports School Director the specific exercises for each training session, based on the yearly scheme of work.
- Makes sure that all training sessions are timely organised in a way that will allow student-athletes to finish up with some recovery exercises and have enough time to go to the changing rooms and have their shower and be ready on time.
- Makes sure that all student-athletes are well behaved throughout their time at the gym or in the changing rooms.
- Makes sure that all student-athletes finish their shower and are ready on time and that they leave the changing rooms in an orderly manner.
- Informs the Sports School Director of any problems related to the student-athletes that may arise prior, during or after the end of the training session.