

WYCOMBE DISTRICT SWIMMING CLUB

SWIM ENGLAND PERFORMANCE CENTRE



ATHLETIC DEVELOPMENT & PHYSICAL PREPARATION SUPPORT COACH

Part Time · Self-Employed Contractor

Role at a Glance

Job Title	Athletic Development & Physical Preparation Support Coach
Job Type	Part Time – Self Employed Contractor
Location	High Wycombe, Buckinghamshire
Salary	Based on Experience & Qualifications
Required Qualification	Level 3 Personal Trainer (minimum qualification)
Desirable Qualification	Strength & Conditioning Accreditation (UKSCA / NSCA) or Level 4 Strength & Conditioning Qualification + BSc in relevant area
Experience	Minimum 1 year
Responsible To	Head of Athletic Development & Physical Preparation

Introduction to the Club

As the leading Club programme with Swim England Performance Centre status and located in the South of England. Our achievements have been significant:

- County Champions since 2015
- Southeast Regional Champions on medals and points
- Regularly feature in the National Arena League Cup Final (The Premier League Cup final in football terms!)
- Every year we send over 40 swimmers to the National swimming events over the summer
- Over the last decade the club have produced **International Junior & Senior Athletes** to events, such as the **European Junior Championships, European Championships and the 2022 and 2026 Commonwealth Games.**

Wycombe is an exciting, evolving and dynamic club offering a wide programme using a 'one team' approach. The club is a registered limited company and charity with a diverse offering in the community from performance/competitive swimming and masters' swimmers through to participation squads and an emerging Water Polo squad.

Since 2012 the club has more than tripled in size resulting in more than 750 active swimming members. At the start of 2016 WDSC moved to the then new 8x50m pool in Wycombe. The club continues to grow working closely with the local community and local learn to swim programmes.



About the Role

Wycombe District Swimming Club is looking to appoint a part-time professional in 'Youth Athletic Development and Physical Preparation'.

The successful candidate will work closely with the Head of Athletic Development & Physical Preparation within a comprehensive coaching team. They will support our established programme of long-term athletic development, with the main focus on the physical preparation of swimmers.

This programme has evolved over the last 8 years and will cover all squads; but with a key focus on the Competitive and the Performance Squads of the club.



Primary Responsibilities

The primary role of the Athletic Development & Physical Preparation Support Coach is to assist the Head of Athletic Development & Physical Preparation in providing S&C expertise to the club and includes (but is not limited to) the following:

- Support the running of the club's physical preparation programme with the aim of improving all physical qualities that enhance swim performance, whilst reducing the likelihood of injury. Areas include fundamental movement pattern competency, mobility, stability, strength, endurance and power.
- Deliver pre-pool and post-pool activities regularly across the club; whilst educating swimmers so that they can self-manage and take personal responsibility as they mature.
- Coach a variety of squads across the week, ensuring all programme requirements are met.
- Assist senior swimmers with their programmes in the gym.
- Attend selected competitions supporting athletes with race-day pre-pool, pre-race priming strategies and recovery strategies — this could include the taking of blood lactate samples.
- Attend, where needed, meetings with pool and S&C coaches to ensure effective programme delivery
- Completion of some assigned administrative duties which may take place in an office environment or from home to support the running of the programme.
- Possibility to attend training camps, both abroad and at home.
- Ensure health and safety compliance and adherence to all club policies in the delivery of the programme.
- Continue with own professional development through all available channels.

Hours on offer

3.75 hours Tuesday evening (3.45-7.30pm)
1.5 hours Thursday morning (7.45-9.15am)
1.75 hours Friday evening (5.00-6:45pm)

Various competition attendance, predominately at the weekend – roughly 15 days per year

Cover hours for the Head Athletic Development & Physical Preparation Coach where needed and possible e.g. when they are on a training camp



Wycombe Swimming is one of six Swim England Performance Centres



Person Specification

The Athletic Support Coach will have:

- 1 or more years of coaching experience in a club environment, within any sport
- 1 or more years of coaching experience and significant understanding of youth athletic development
- Ideally, an understanding of swim meets and the requirements of preparing athletes to race — although this is not essential
- Experience of working in a collaborative coaching team
- Experience of advanced-level S&C, such as Olympic lifting

Our Athletic Support Coach will be:

- A team player that holds themselves accountable to their actions
- A coach with ethical values committed to diversity and inclusion
- Able to demonstrate leadership skills in line with the position
- A coach that wants to add value to our programme
- A coach that wants to develop the existing programme to new heights

Equal Opportunities

Wycombe District Swimming Club are committed to the promotion of equality of opportunity in all fields. The club intends that no job applicant shall receive less favourable treatment because of gender, gender reassignment, marital or family status, age, disability, ethnic origin, creed, sexual orientation, Trade Union membership, or by any other condition or requirement which cannot be shown to be justifiable.

Expression of Interest / Application

Please make direct applications in the form of a CV with a suitable covering letter explaining your suitability for the role.

Submit applications to:

Ali Schwiderski, Club Secretary:

ali.schwiderski@swimwycombe.com

For an informal discussion about the role, please contact:

Kevin Brooks, Head Coach:

headcoach@swimwycombe.com



This job description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of Wycombe District Swimming Club.