

WYCOMBE DISTRICT SWIMMING CLUB

SWIM ENGLAND PERFORMANCE CENTRE



HEAD OF ATHLETIC DEVELOPMENT & PHYSICAL PREPARATION COACH

Full Time · Self-Employed Contractor · £30,000–£35,000

Role at a Glance

Job Title	Head of Athletic Development & Physical Preparation Coach
Job Type	Full Time – Self Employed Contractor (pro-rata options available)
Location	High Wycombe, Buckinghamshire
Salary	£30,000 – £35,000 (based on experience & qualifications)
Required Qualification	Strength & Conditioning Accreditation (UKSCA / NSCA) + BSc in relevant area
Desirable Qualification	MSc in relevant area, such as S&C or Sports Science
Experience	Minimum 2 years
Responsible To	WDSC Head Coach

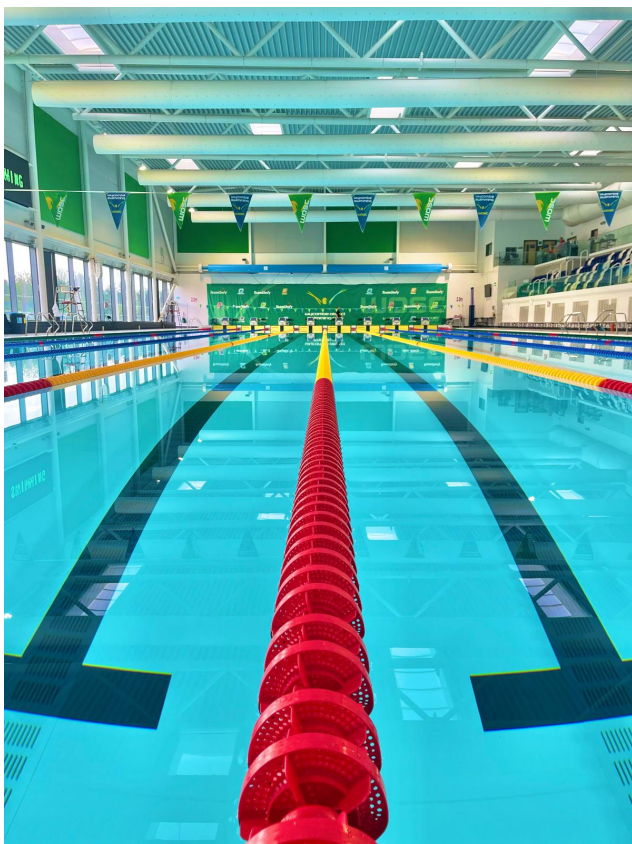
Introduction to the Club

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 professional in

'Youth Athletic Development and Physical Preparation'.

The successful candidate will be a leader in their area of work at the club, within a comprehensive coaching team. They will continue to develop our established programme of long-term athletic development, with the main focus on the physical preparation of swimmers but also plan, implement or co-ordinate other activities for holistic long term athletic development — crucial to this is the continued development of our athletic development framework across the pathway in the club and taking our programme to new heights with their own ideas.

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 — in particular the Senior performance squad with athletes competing at a National and International level.



Primary Responsibilities

The primary role of Head of Athletic Development & Physical Preparation Coach is to lead and to provide expertise to the club and includes (but is not limited to) the following:

- Plan, coach, reflect and review physical preparation programmes for the club 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.
- Actively lead and implement a programme of Pre-Pool and Post-Pool activities in the performance programme and regularly across the club; whilst educating swimmers so that they can self-manage and take personal responsibility as they mature.
- Coach in the Performance Programme and across varying squads each week, ensuring all programme requirements are met. Attendance at some pool sessions is required for monitoring, testing and being embedded in the daily training environment.
- 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.
- Lead performance attribute monitoring such as movement competency, wellbeing, musculoskeletal screening, height, strength and power testing. Analyse results and produce reports feedback to athletes, coaches and parents.
- Attend, arrange and deliver meetings with pool and S&C coaches to ensure programme delivery; some administrative duties will take place in an office environment alongside the Head Coach.
- Provide individual athlete planning for higher-level senior swimmers, as well as squad and project planning to develop and deliver the programme.
- Attend training camps, both abroad and at home.
- Train and develop others in the delivery of the whole programme, including leading on the recruitment of intern coaches.
- Work collaboratively with Swim England (as part of their National S&C network) and Aquatics GB World Class Swimming Programme, communicating effectively with key staff and actively contributing to the development of S&C practices in swimming.
- Ensure health and safety compliance and adherence to all club policies in the delivery of the programme.
- Continue with your own professional development through all available channels, developing a personal development plan with the Head Coach and SE S&C lead.



Wycombe Swimming is one of six Swim England Performance Centres



Person Specification

The Head Athletic Coach will have

- 2 or more years of coaching experience in a club environment, within any sport
- 2 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 and can be learnt
- Experience of working in a collaborative coaching team
- Experience of advanced-level S&C such as Olympic lifting

Our Head Athletic 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

Recruitment inbox:

recruitment@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.