

**Post Title**

Strength & Conditioning Coach (Part Time)

**Role and purpose of position**

To provide strength and conditioning support to all stages of development at City of Sunderland ASC (COSASC).

**Reporting Relationships**

Operational: Head of Swimming, Tom Harforth

**Job Description**

The club are seeking a part-time Lead Strength & Conditioning Coach. The S&C programme at COSASC is in place to support each swimmer through their physical development. The S&C framework has been established to meet the needs of all stages of development, from Junior to Performance level. The appointed S&C will be required to lead the S&C programme and deliver to each squad on the pathway while also mentoring a developing S&C coach and liaising with squad coaches on a regular basis.

**Remuneration**

**Hourly Rate:** £15 per hour

**Working hours:** 9 - 10 coaching hours per week across 3-4 weekday evenings - (administration hours to be discussed and agreed)

Monday	Tuesday	Wednesday	Thursday	Friday
5-7pm	5-7pm	4.30-7pm	NO SESSIONS	5-7pm

## **Key tasks**

- Plan, lead, and deliver the land training programme at COSASC;
- Adhere to the principles of LTAD when prescribing strength and conditioning (S&C) support to all club swimmers across all levels;
- Support all squads with pre and post pool routines;
- Conduct physical competency screenings at Age Group and Performance level each training cycle;
- Feedback to relevant squad coaches regarding individual swimmers development within the land training programme;
- Provide a committed and professional approach towards coaching, supporting all swimmers to reach their full potential whilst creating an environment of excellence;
- Liaise with the Swim England, British Swimming and other agencies involved in the physical development of all club swimmers;
- Follow and promote the vision, values and policies of City of Sunderland ASC internally and externally;
- Follow the Swim England Child Safeguarding Policy and Procedures and all Health & Safety Procedures;
- Be aware and understand the facility Emergency Action Plan (EAP) and Normal Operating Procedures (NOP);
- Undertake any other tasks appropriate to this level of responsibility.

This Job Description sets out the main aspects of the job, but it should not be taken as a complete description of the job in its entirety.

## **Person specification**

Qualifications and key skills, qualities, experience and attributes:

- BSc in Sport & Exercise Science or a related field (essential);
- MSc in Strength & Conditioning (desirable);
- UKSCA accredited (essential);
- Safeguarding Certificate (desirable). If not, the appointed person would be required to complete this upon taking up the post;
- A minimum of 12 months working in S&C;
- An excellent understanding of the principles of training;
- A passion for coaching and athlete development;
- A keen interest and/or a willingness to learn about swimming.
- Proficient IT skills;
- Excellent communication skills;

- Creates an environment that promotes positive team cohesion and development;
- Ability to develop and work in partnership with local, regional and national agencies and organisations;
- Sets and achieves stretching goals individually and across the programme;
- Highly self-motivated with the ability to motivate others – athletes, coaches, support staff, club members, etc;
- Strong people management skills;
- Highly organised and well planned, with strong time management skills;
- Personally, drives own CPD requirements;
- Highly reliable and dependable;
- Takes decisions based on fact-finding and analysis.

Please note it is the responsibility of the employee to ensure all qualifications and DBS is up to date and ensures there isn't any lapse in these qualifications. Any lapse in key qualifications could result in disciplinary action and or financial impact if any lapse results in not being qualified to undertake current role.

### **Professional Standards**

- To provide a committed and professional approach towards coaching;
- Follow and promote the vision, values, and policies of City of Sunderland ASC internally and externally;
- Follow the Swim England / Wavepower Child Safeguarding Policy and Procedures and all Health & Safety Procedures;
- Be aware and understand the facility Emergency Action Plan (EAP) and Normal Operating Procedures (NOP);
- Undertake any other tasks appropriate to this level of responsibility.

### **Application**

To apply please forward your CV and covering letter to the following: Tom Harforth:

[tomharforth@cityofsunderlandasc.co.uk](mailto:tomharforth@cityofsunderlandasc.co.uk)

- Application closes at 5pm on Friday 2<sup>nd</sup> May 2025
- Interviews will take place on Friday 9<sup>th</sup> May 2025
- The post start date is as soon as possible upon appointment.