

Chelsea and Westminster Swimming Club – Lead Physical Preparation Coach

Every athlete has his or her own individual strengths/weaknesses, physical abilities, maximal training loads and lifestyle demands. Understanding the athlete is critical to optimising the effectiveness of the training programme.

As the Lead Physical Preparation Coach, you will be responsible for coordinating and leading the land-based training for swimmers in the Performance Pathway at CWSC. In addition, you will play an instrumental part in developing any sport science access for CWSC.

The role will require you to support the Director of Swimming and Assistant HC in the long-term approach of the Performance Pathway at CWSC.

Skills Required:

- Demonstrate a strong understanding of competitive and performance sport, preferably swimming - LTAD and Aquatic GB's OADF
- Develop a high attention to detail and willingness to learn the technical aspects for each of the 4 strokes and swimming events
- Exceptional organisational skills, time management, reliability and administration skills
- Ability to communicate effectively with young people, parents and coaching peers
- A motivational and inspirational leader
- UKSCA Accredited S&C Coach or S&C Trainer accreditation is required

Main Duties:

- Plan and implement a strength and conditioning programme that compliments the CW swim pathway.
- Design, monitor, and develop S&C programming for the performance stream of the CW swim team (FS, JP, SP)
- Design bespoke S&C programs for our highest achieving athletes
- Run periodic assessments to show quantitative progression of the swimmers
- Work collaboratively with the Head and Assistant Coach to aid programming and coaching to directly benefit the swimmers and their abilities
- Ensure safety of swimmers in their technique and in management of the gym

- Include injury prevention and recovery exercises in programming - a comprehensive pre-pool programme.
- Ensure an approach of 'Individual Athlete Planning' is taken for swimmers outlined by the Director of Swimming
- Assist physiological support through assisting in taking lactates, physical performance measures and filming training sessions for physiological and technical analysis
- Work directly with the Senior Performance, Junior Performance and Future Stars (SP/JP/FS) squads
- Assist with data and analysis of the NP training physiology to assist the Head Coach in the direction for the performance pathway.

This is a part time position and salary will be discussed upon application. If you are interested in the role or would like more information, please provide your CV with a covering letter to Lisa Bates: directorofswimming@cswswimming.com