

wycombe swimming

VOLUNTEER STUDENT PLACEMENT

Athletic Development
& Physical Preparation
Coach (Strength &
Conditioning)



STUDENT PLACEMENT

Athletic Development & Physical Preparation Coach

Job Type:	Part or Full Time – Voluntary Role
Term:	1 Year (Sep 2025 – July/August 2026)
Fee:	Voluntary Role - with agreed expenses
Qualification:	Currently studying in the field of Sport Science Minimum of level 2 gym instructor qualification desirable

Mentoring from WDSC Head Athletic Development Coach and WDSC Head Coach

Introduction

Wycombe District Swimming Club is seeking a Volunteer Athletic Development & Physical Preparation Coach to be part of a hardworking and talented coaching team for the up-and-coming season. This role would suit a placement student who is looking to gain hands on experience and mentoring in the field of strength and conditioning.

The successful applicant will learn alongside an experienced UKSCA accredited Strength and Conditioning Coach in her role as Head of Athletic Development, to assist with the physical preparation of swimmers aged 9 to 21years +. All previous placement students have either returned to further education in the field of Sport Science or obtained a job as a strength and conditioning coach working with athletes

This opportunity will provide you with the chance to work closely with swimmers ranging from Academy to International level, alongside being mentored in a way which facilitates your own learning and development. This role will be based at the 50m pool facility in High Wycombe, with a relatively newly refurbished gym. It will provide a fantastic opportunity to apply course knowledge to a real-life situation, develop your coaching skills and further your understanding of strength and conditioning, within one of the country's leading swimming clubs.

Dependent on the applications received, the club will consider more than one student (in addition to this role), on a casual, part- or full-time voluntary basis.

Opportunities Available for Learning

- Receive mentoring from the Head of Athletic Development to develop own understanding, knowledge and skills
- Tasks given to help facilitate learning and understanding to improve your ability to assist the programme
- Regular feedback and contact with mentor to help with personal development/learning requirements from the placement
- Regular opportunities to apply academic learning into the workplace
- Support given towards coaching qualifications and CPD courses

Role Responsibilities

- Shadow and assist the Head, and assistant, Athletic Development Coach with the running of all land-based sessions, and competition preparation – eventually run own sessions with their guidance
- Assist with the collection, analysis, report writing and application of testing data including HR, blood lactate, physical profiling tests, musculoskeletal screening, loading.
- Plan, coach, and reflect on physical preparation sessions to swimmers of a range of ages and abilities
- Attend specified weekend competitions to assist with race preparation and recovery strategies.
- Work on given tasks to aid and develop both the athletic development programme and swimming programme as a whole
- Seek opportunities to develop own learning and development whilst assisting the programme
- General administrative duties

Personal Requirements

- Some experience in coaching/teaching
- Sport related degree, BTEC, etc (may be in the process of completing)
- Work well within a team
- Desire to learn and develop own knowledge and skills
- Show motivation and enthusiasm for the role
- Good communication skills with both children and adults
- Willingness to push yourself outside of your comfort zone

Desirable Attributes

- Some knowledge of competitive swimming
- Minimum of level 2 gym instructor qualification



Hours

- Morning and afternoon/evening coaching
- Manage your own time to complete administrative tasks around these coaching hours
- May need to work weekends at specified competitions (all expenses will be paid)
- Hours can be flexible
- Depending on the agreement with the suitable candidate(s), coaches will coach anything from 10 to 36 hours per week

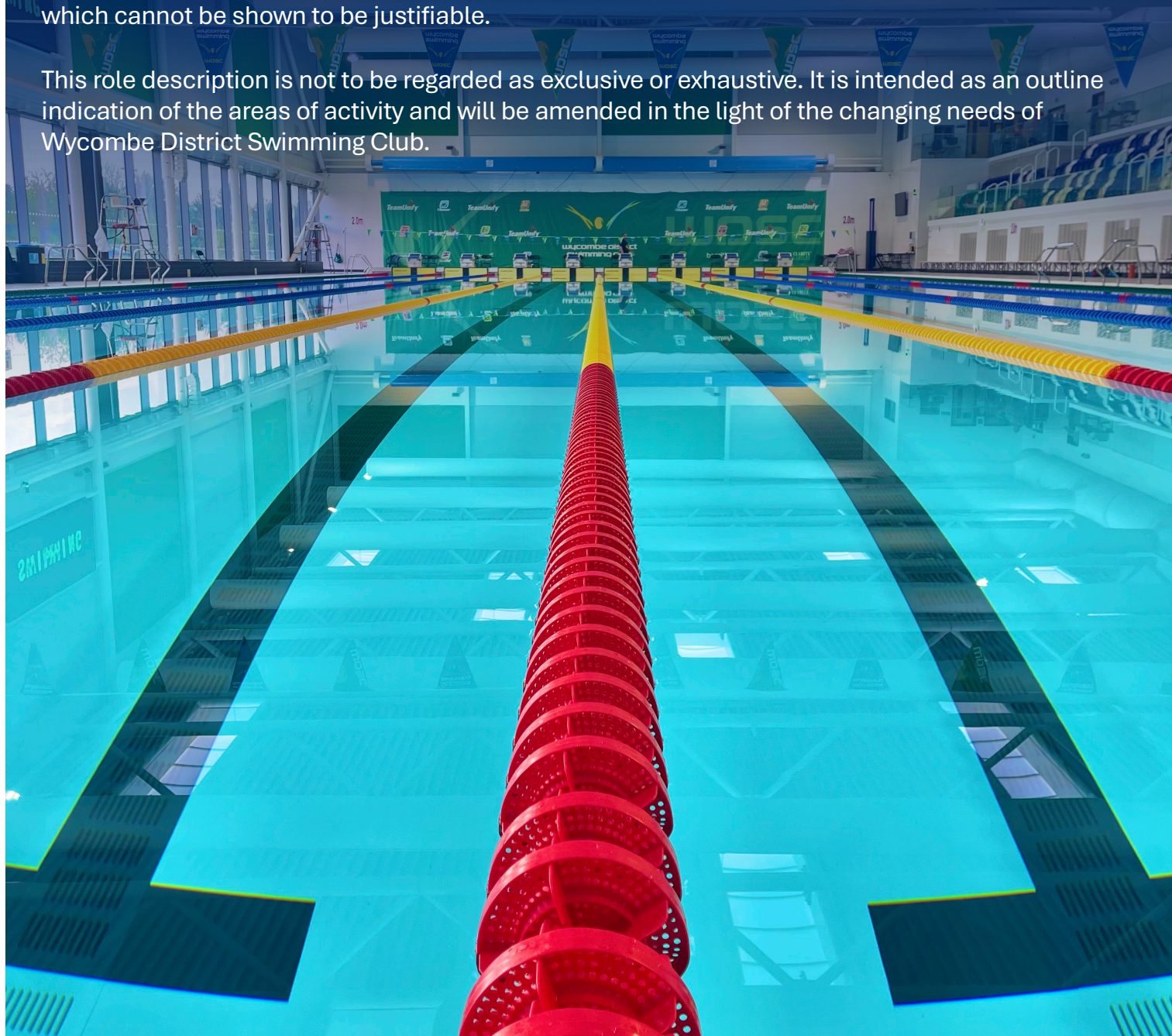
Safeguarding

Wycombe District Swimming Club are committed to the safeguarding of all its members. Suitable candidates will be required to undergo a DBS check and complete a safeguarding course (if not already completed), whilst at the club.

Equal Opportunities

Wycombe District Swimming Club are committed to the promotion of equality of opportunity in all fields and the club intends that no applicant or contractor shall receive less favourable treatment because of gender, gender re-assignment, 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.

This role 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.





Previous placement student feedback

My placement at Wycombe district swimming club was an unforgettable experience. I got to work alongside with one of the best strength and conditioning coaches, who provided me with so many opportunities to learn and further my understanding into the field of sport and exercise science within a competitive sporting environment, especially in the fields of S&C and physiology. These opportunities will benefit me when returning to university.

One thing I noticed is that the reason they are so successful, is due to their teamwork and communication, the relationships they have with each other are unbreakable. From my first day I felt like part of the team and that I could contribute to team discussions. From living with friends to moving to placement where I knew no one, it was tough at first but due to placement being so welcoming and caring I knew it was the right decision.



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Applications

Please make direct applications in the form of a CV with a suitable covering letter explaining your suitability for the role to Kevin Brooks, Head Coach: headcoach@swimwycombe.com.

All roles at WDSC are subject to DBS check and two references being supplied upon request.

For an informal discussion / info regarding the role please feel free to contact the clubs Head Athletic Development Coach on gemma@swimwycombe.com initially. This may then be followed up by a phone call.



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