



Reed's School Job Description  
**ACADEMY SPORTS STRENGTH & CONDITIONING COACH**

Reed's School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

<p><b>The Role and Department:</b></p>	<p>The successful candidate will have a clear passion for strength and conditioning and will have completed relevant qualifications in this area.</p> <p>They will have the ability to coach to a high level and demonstrate knowledge of the sport specific requirements of our Academy sports – golf, ski racing, swimming and tennis.</p> <p>The successful candidate will be responsible for the planning, programming and delivery across Academy sports.</p> <p>This role will be part-time, primarily during term-time with occasional competition and event cover in the holidays.</p> <p>High level knowledge of programming to include performance cycles is required to allow pupils to be prepared to the best of their ability.</p> <p>This role will report into the Head of Athletic Development and Director of Sport.</p> <p>This role will be mainly delivered on site, but with the occasional requirement off site for competitions/events.</p>
<p><b>Main Duties and Responsibilities:</b></p>	<ul style="list-style-type: none"> <li>• Lead with recording and reporting of the development, progress and attainment of pupils.</li> <li>• Plan and prepare sessions for Academy scholars from First Form through to Upper Sixth.</li> <li>• Provide support to the Director of Sport, Head of Athletics Development and work cooperatively within the Sports Department.</li> <li>• Be familiar with the aims and objectives of the Department and the School as outlined in the staff and departmental handbook.</li> </ul>

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- Attend suitable INSET as required under the guidance of the Director of Sport.
- Work with external governing bodies, such as the LTA, to ensure adherence to requirements are met.
- To always ensure safe practice in the school's gym.
- In liaison with the Heads of Academy Sports, manage players' workload.
- Lead on appropriate fitness testing and data collection for Reed's Academy pupils to monitor progress.
- Write termly progress reports as well as regular communication with pupils and parents.
- Completion of a year-long periodised programme to progress Strength and Conditioning that will be put in place by the Head of Athletic Development.
- Market the school to prospective parents.
- To lead on Academy scholarship assessment days.
- Promote and safeguard the welfare of children and young persons with whom you come into contact.
- Carry out other reasonable duties as instructed by the Director of Sport and commensurate with the role.

**Reed's School Person Specification**  
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	<b>Essential</b>	<b>Desirable</b>
<b>Qualifications</b>	<ul style="list-style-type: none"> <li>• UKSCA Full Accreditation qualification (or working towards).</li> </ul>	<ul style="list-style-type: none"> <li>• MSc in Strength and Conditioning or related post- graduate qualification.</li> </ul>
<b>Knowledge, Skills and Experience</b>	<ul style="list-style-type: none"> <li>• Experience of working with young people in a coaching capacity.</li> <li>• Ability to work co-operatively as part of a team.</li> <li>• Excellent planning and organisation skills.</li> <li>• Excellent communication skills.</li> <li>• Ability to set effective, realistic and challenging lesson objectives.</li> <li>• Ability to use video analysis software to enhance the athletes understanding and development.</li> <li>• Ability to gather, evaluate and analyse assessment data to inform coaching.</li> <li>• Proven knowledge of our Academy Sports (Golf, Ski Racing, Swimming and Tennis).</li> </ul>	<ul style="list-style-type: none"> <li>• Previous experience of working within a School or educational establishment.</li> <li>• Ability to demonstrate creative and innovative approaches to enthusing and challenging pupils.</li> <li>• Experience in elite sporting environments.</li> </ul>
<b>Personal Competencies and Qualities</b>	<ul style="list-style-type: none"> <li>• Motivation and enthusiasm to work with young people.</li> <li>• Ability to act as a role model for pupils and staff through demonstrating high standards of personal and professional conduct.</li> <li>• Ability to form and maintain appropriate relationships and personal boundaries with children and young people.</li> </ul>	