

CANDIDATE INFORMATION PACK

STRENGTH & CONDITIONING COACH (PART TIME)

WELCOME

I am delighted that you are considering this opportunity at North London Collegiate School.

North London Collegiate School (NLCS) was founded in 1850 by Frances Buss, an early pioneer of girls' education. One of the country's leading academic day schools, NLCS is a forward-thinking, inclusive and vibrant community.

The School provides an ambitious academic education and achieves some of the best results in the country. The focus in the classroom is on fostering a deep love of learning and our teachers are passionate subject experts. The School has a strong intellectual tradition but it is also defined by an ongoing commitment to innovation. The school's new innovation hub will be a centre for creative thinking and pioneering curriculum development.

Pupils benefit from an exceptional range of activities beyond the classroom through our co-curricular and academic enrichment programmes. We welcome over 250 visiting speakers per year, we offer 18 different sports, host over 40 concerts and several ambitious dramatic productions each year, publish multiple student-led magazines, and offer activities as varied as Model United Nations, Chess, VEX Robotics and Magic Club.

Our pastoral care is focused on developing happy, independent and resilient young women. Our pupils are free to be themselves at School but ready to embrace the opportunities of the world beyond NLCS. Our community is welcoming and inclusive and celebrates its rich diversity.

At NLCS, we deeply value our staff and are committed to their well-being and professional growth. We understand that a supportive and nurturing environment is crucial for everyone, not just our students. Our comprehensive staff development programme and strong support network ensure that our staff thrive both professionally and personally.

We are seeking to appoint an enthusiastic and highly motivated Strength and Conditioning Coach to join our dynamic sports department. This is an exciting opportunity for a passionate individual to play a key role in developing athletic performance across all levels of sport within the school. The successful candidate will work closely with pupils, coaches, and teaching staff to design and deliver tailored training programmes that enhance physical fitness, improve performance, and support overall student wellbeing.

If you would like to join this dynamic and friendly community of pupils and staff, I would be delighted to receive your application.



VICKY BINGHAM
HEADMISTRESS





THE SCHOOL



North London Collegiate School has an international reputation for academic excellence, combined with exceptional pastoral care and extra-curricular achievement. NLCS is an academically selective girls' school. There are 790 students in the Senior School, 233 of them in the Sixth Form, and approximately 310 in the Junior School. The School takes pride in the religious and social diversity of its intake.

The School's aims are to provide an ambitious education for all its pupils and to enable each girl to make the most of her own gifts. The highest priority is to maintain an exceptional team of staff, both academic and professional, who are dedicated to each pupil's development and share our passion for excellence. All pupils are expected to learn to recognise academic excellence and realise that it is attainable.

Alongside these aims for the classroom, staff strive to make school a place where the whole personality can grow. Good relations between staff and pupils, and between girls themselves, are fostered. At NLCS, education is much more than passing examinations and the girls are encouraged to try themselves out in a variety of ways. Staff strive to maintain a community which is tolerant and teaches service to others.

Set in over 30 acres of parkland, the School has extensive facilities. These include a new Wellbeing Centre which underlines the School's commitment to ensuring that NLCS continues to provide as rounded and supportive a pastoral offering as is possible.

In 2024, 70% of GCSEs were a grade 9, and a notable 89% of grades were 9/8. At A-Level our students achieved an impressive 46% A* grades, 84% A* - A and 96% A* - B. In addition to A-Levels, we offer the International Baccalaureate in the Sixth Form and we have an outstanding record of success. Our students gained an average point score of 41 in 2024, placing us again among the best IB schools in the world.

Places are heavily oversubscribed, and entry is extremely competitive.

Our leavers receive offers from an impressive range of university destinations including Oxford, Cambridge, Harvard, Yale and Princeton, as well as other leading universities such as Warwick, Edinburgh, UCL and Imperial. We are extremely proud of our alumnae (Old North Londoners), who have achieved international prominence in a wide variety of career pathways from music, drama and the arts through to science, sports, politics and law.

We have an extensive schedule of extra-curricular activities including a weekly speakers' programme for all students in Years 11, 12 and 13. NLCS students regularly reach the finals of national and international competitions, such as F1 in Schools, chess, Young Enterprise, coding and debating.

There is also a remarkable commitment to outreach and charity work, reflecting the rich and harmonious diversity of the School.

To find out more about the school, click [HERE](#).



STRENGTH & CONDITIONING COACH

THE ROLE

We are seeking to appoint an enthusiastic and highly motivated Strength and Conditioning Coach to join our dynamic sports department. This is an exciting opportunity for a passionate individual to play a key role in developing athletic performance across all levels of sport within the school.

Your new role will include structuring the Athletic Development provision to align with the NLCS vision for Sport, which centres around education, experience and provision, catering from beginners to the those in pursuit of excellence. You will also develop and maintain clear lines of communication with internal and external stakeholders, to ensure that NLCS remains a trusted development centre for those in a performance pathway, for all sports.

LINE MANAGER:

Director of Sport

CONTRACT:

Term time only with 5 INSET days. Initially this is a fixed term contract to 31st August 2026.

HOURS OF WORK:

8 hours per week, ideally worked on Wednesdays, however we are happy to be flexible and can offer the hours to be worked over two days if preferable.

ACTUAL SALARY:

FTE £28,242 - £31,172

Actual pro rated salary £4,328 - £4,777 depending on skills and experience.

MAIN RESPONSIBILITIES

PROGRAMME DESIGN

- Design and implement safe and progressive Athletic Development Programmes for all girls which align with the Physical Education structure.
- Understand the needs of athletes across multiple sports, creating programmes for any sports as required, with a specific focus on the main team game of lacrosse, Netball and Badminton in the Autumn and Spring terms.
- Conduct performance correction including biomechanical adjustments and injury prevention sessions for players.
- Work with staff in Charge of Sports to set performance goals for year groups, teams and individual athletes.
- Lead on healthy lifestyle advice incorporating nutrition.

HEALTH AND SAFETY

- Liaise closely with the medical team regarding to deliver prehabilitation and rehabilitation programmes for all girls with precise adherence to medical guidelines.
- Conduct health and fitness screenings and report any findings to the NLCS medical team.
- Monitor pupil wellbeing and report issues through the required channels in accordance with School policies.
- Ensure that an up-to-date knowledge of Health and Safety legislation as applicable to the role is maintained and that NLCS Health and Safety policies and procedures are fully implemented and adhered to as applicable.

COLLABORATION

- Support the Director of Sport with building positive relationships with academies and elite pathway providers, to enable them to deliver programmes to our athletes seamlessly
- Facilitate effective communication and cooperation with all other personnel involved.

COMPLIANCE

- Ensure that the highest standards of confidentiality, recording, filing and storage of pupils' notes and fitness statistical information are achieved and maintained.
- Maintain an up-to-date knowledge of Safeguarding legislation, and NLCS's safeguarding policies and procedures.
- Maintain and update one's own knowledge and skills in line with legislation and the needs of the role.

This job description reflects the core activities of the role and is subject to change as the sport and the post-holder develop. The School expects that the post-holder will recognise this and will adopt a flexible approach to work. In addition, the post-holder will be expected to undertake such other duties within the scope of the role as may be required by the Head and Line Managers.



THE PERSON

The successful candidate will demonstrate strong team building, communication skills, warmth and empathy. They will have a high level of organisational and interpersonal skills, be committed to maintaining the nurturing and supportive ethos of the school, and be an enthusiastic, caring and positive role model within the School community.

GENERAL SKILLS REQUIRED

Excellent interpersonal skills, with the ability to relate well to people on all levels, and to show ambition for the School and its direction

Ability to work effectively as a member of a team, to show initiative and imagination and to have vision and the ability to inspire others

First class organisational and administrative skills with the ability to remain calm under pressure and to work to tight deadlines, managing competing priorities

Excellent written and spoken English

PERSON SPECIFICATION

It is highly desirable that applicants have the following attributes

EDUCATION & QUALIFICATIONS

Educated to at least 'O' Level standard or equivalent with GCSE/O Level English & Maths grade C or above

Nationally recognised Athletic Development coaching and/or other vocational qualifications relevant to the sport and fitness industry

SKILLS & ABILITIES

The ability to work independently as well as part of a team.

A good working knowledge of Microsoft Outlook and Word.

EXPERIENCE & KNOWLEDGE

ESSENTIAL

Experience of working with elite/advanced level sports performers, as well as beginners

Experience of coaching school-aged girls and teams in a variety of sporting environments

DESIRABLE

Experience of working within an academy or professional sporting environment

Experience of coaching national and international level athletes

Active involvement in relevant regional, national and/or international organisations and associations

OTHER

ESSENTIAL

Strong communication skills, both interpersonal and public

Decisive and confident approach to organisational management

The capacity to analyse and improve systems

Personable, supportive and able to motivate and work in a team

A self-starter capable of creating new ideas and implementing them

Willingness to embrace NLCS's broad environment and approach to all-round education

A sensitivity to the needs of young people and a commitment to their support, care and nurture

Ability to maintain strict confidentiality

Enthusiastic, and self-motivated to get the job done to the highest standards

EQUALITY, DIVERSITY & INCLUSIVITY



North London Collegiate School condemns unequivocally discrimination and inequality in all its forms.

Our School was founded on the principles of respect and compassion, service to others, and active, positive participation in society and the wider world. We cannot change the past, but we must learn from it. It is not sufficient to say that we are not racist – we must be actively anti-racist in our actions, policies and educational delivery. As a school, we are proud of our heritage of supporting, embracing and celebrating all the members of our community, as exemplified in our School Aims.

We recognise and celebrate the benefits of having a diverse school community, in which individuals value themselves, one another, and the different contributions that everyone can make to the school, our wider community and the world.

Our students are taught to value and respect themselves and others as they work hard to prepare to take leading roles in our future society.

In the provision of equal opportunities, the School recognises and accepts its responsibilities under the law and opposes discrimination based on the protected characteristics under the Equality Act 2010. We oppose all bullying and unlawful discrimination on the basis that a person

has a special educational need or learning difficulty, or because English is an additional language. We are committed to being an equal opportunities education provider, and to equality of opportunity for all members of our school community.

North London Collegiate School aims to ensure that all policies and practices conform with the principle of equal opportunities and comply with the public sector equality duty set out in section 149 of the Equality Act 2010.

We will tackle inappropriate attitudes and practices through our staff leading by example, through the Personal, Social and Health Education (PSHE) programme, through our supportive school culture and through our school's policies. Our teaching will reflect the diverse nature of our modern world and we will seek through our extracurricular activities, partnerships and School societies to challenge inequality and inequity, promulgate fairness and equality for all and to celebrate the differences that make us all unique and valuable members of society.

We believe that our School community is an agent for change in the world, and we continue to seek to ensure that more generations of young people leave North London Collegiate School empowered and enabled to take the next steps forward in their education and lives for their own benefit and for the good of society as a whole.

TERMS, CONDITIONS & BENEFITS

KEY DATES

Closing date for applications:

Monday 22nd September 2025 at 7.00am

Interview Date:

Thursday 25th September 2025

Start Date: As soon as possible

LOCATION

NLCS is a short walk from Canons Park or Stanmore stations.

Staff arriving at Edgware Station on the Northern Line can use our free Station Shuttle-bus service.

For further information please visit our Travelling to School page [HERE](#).

SALARY

Highly competitive salary, paid according to experience and qualifications.

ANNUAL LEAVE

A generous annual leave allowance of 33 days for full time staff (3 days to be taken at Christmas).

PENSION

Staff are eligible to join the Support Staff Pension Scheme.

MEALS

A free lunch is available for all staff during term time. Thomas Franks, our dedicated caterer, accommodates all dietary requirements.

EYE CARE SCHEME

NLCS contributes towards eye care costs.

CYCLE TO WORK SCHEME

The School is a member of the Cycle to Work Scheme, which allows staff to make Tax and National Insurance savings when purchasing a bicycle.

CANONS SPORTS CENTRE

Canons Sports Centre is located in the beautifully landscaped grounds of NLCS.

Staff have free access to the Sports Facilities at designated times. This includes the Fitness Studios, Swimming Pool and Multi-Purpose Sports Hall.

PERFORMING ARTS CENTRE

Our Performing Arts Centre which has a 350-seat theatre holds up to 40 productions and concerts each year.

Tickets are available to staff with the majority of performances being free or at a discounted price.

FEE REMISSION

Staff are eligible for 60% fee remission for up to two daughters that meet the entrance criteria. The remission is pro-rated for part time staff.

HEALTH CARE SCHEME

Staff are eligible to be part of a discounted health insurance scheme.

SAFEGUARDING

NLCS is committed to safeguarding and promoting the welfare of young people and expects all members of all staff to share this commitment.

Applicants must declare any criminal convictions as the post is exempt under the Rehabilitation of Offenders Act 1974.

Appointments will be conditional upon the receipt of a satisfactory response to a check of police records via the Disclosure and Barring Service and references from previous employers.

We are an Equal Opportunities employer.



