



# BROMSGROVE

APPLICANT INFORMATION FOR THE POST OF  
I/C STRENGTH AND CONDITIONING

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## BROMSGROVE SCHOOL MISSION STATEMENT

### **FLAIR : DISCIPLINE : ACADEMIC RIGOUR**

Bromsgrove School aims to produce happy, creative, moral citizens who live motivated, fulfilled lives while enriching the lives of others.

It seeks to achieve this through an enlightened, disciplined and broad education that responds to global change while retaining core values.

The Core Values Bromsgrove seeks to foster in its pupils are: Humility and Confidence; Compassion and Ambition; Respect and Curiosity; Tolerance and Vision

## AN OVERVIEW

Bromsgrove is one of the UK's largest, busiest and most successful independent schools. The Senior section has 940 students, with another 700 students in younger year groups. We are co-educational with a roughly equal mix of Boarding and Day pupils.

The successful candidate will report to the Deputy Head Co-curricular and work closely with the Directors of Sports (Hockey, Cricket, Rugby), Head of Boys' and Girls' Physical Education. The role involves leading and developing Strength and Conditioning Programmes for the school pupil's aged 13-18yrs at Bromsgrove Senior School. The role will also involve working with the preparatory school children in their development as youth athletes leading up to senior school.





## THE ROLE

**Post:** i/c Strength and Conditioning

**Line Manager:** Reports directly to Mr Paul Mullan (Deputy Head Co-curricular)

**Duration:** Permanent, full-time

### General responsibilities:

- Lead, deliver and review all aspects of Strength and Conditioning (S&C) within the Preparatory and senior school to ensure the athletes in the school reach their full potential, increase strength and fitness and reduce the risk of injury.
- Organise and lead high-level S&C support for a range of pupils through group sessions, extra-curricular activities and after school sessions.
- Design, monitor and implement appropriate screening programmes for each student athlete.
- Responsible for the recruitment and management of the Strength and Conditioning interns.
- Develop opportunities for the Strength and Conditioning interns to prepare for a full-time role in S&C and mentor them through the UKSCA accreditation.
- Responsible for the Health and Safety aspects of all S&C facilities, equipment, user and activities.
- Assist in the allocation and expenditure of the Strength and Conditioning/gym budget.
- Work in conjunction with local sport academies, assisting in the delivery of academy programmes when required.
- Provide opportunities throughout the school year to up skill school staff and staff in the wider community in S&C.
- Any other duties as may be required under the Strength and Conditioning Department that from time to time may arise.

### The ideal candidate will possess:

- Coaching experience preferably within S&C and/or with youth athletes.
- Graduate qualifications in Sports Science or related field.
- UKSCA accreditation.
- Sound knowledge of S&C principles and methods of training.
- Ability to work in a team sport environment, controlling and disciplining large groups or young students.
- Excellent ability to communicate with, and develop, young people.
- Computer literacy.



## HOW TO APPLY

Please visit the School website [www.bromsgrove-school.co.uk](http://www.bromsgrove-school.co.uk) and complete the online Application Form.

Alternatively you can download the application form and send by post to:  
The Personnel Office  
Bromsgrove School  
Worcester Road  
Bromsgrove  
Worcestershire  
B61 7DU

The closing date for all applications is Friday, 16th March 2018

*The School is committed to safeguarding and promoting the welfare of children and young people. Applicants must be willing to undergo child protection screening including checks with past employers and the DBS.*



