

Head of Strength and Conditioning

Job Description

The role of the Head of Strength and Conditioning at Oakham School has developed over the last 9 years into one that is pivotal within the organisation of sport in the school. Oakham was one of the first schools in the country to appoint a full-time S&C coach and in doing so has been at the forefront of developing this area in schools. The sports department has run two S&C in Schools conferences in the past three years, attracting delegates from all over the UK from within schools and academies.

The role of the Head of S&C is to support pupils in reaching their physical potential through tailored programmes balanced within the busy structure of a boarding school. Oakham has a diverse range of sports on offer to pupils and currently S&C is offered for athletes involved in a wide variety of sports including, rugby, hockey, athletics, cricket, sailing, squash, netball and skiing.

There is a huge importance within this role that balance is maintained between work with upper school academy athletes and younger pupils, between boys and girls and between major games and non-major games. This role gives responsibility for the long-term development of players through progressive interventions with all age groups within the school.

Responsibilities

- Delivery of S&C in line with LTAD model across all areas of the school
- Delivery and facilitation of generic / foundation elements through Lower and middle school
- Delivery of strength development and sports specific elements to 1st team squads and age group squads
- Support and delivery to pathway athletes and sports scholars
- Overview of all fitness testing assessments
- All testing equipment, protocols, staff training
- Supplementation policy and communication, health related education

Liaison with:

All Directors of Major games

Heads of non-major games

Pathways and academies managers and S&C coaches

Physiotherapists

Person Specification

Degree in Sport Science or equivalent

Degree in Strength and Conditioning (or working towards)

Accreditation with UKSCA (or working towards)

A strong personal background in performance sport

An interest in a wide range of sports

A desire to learn at every opportunity

An ability to work within a team

An understanding that Oakham is a school not a professional academy

An outstanding professional demeanour

A willingness to work anti-social hours

Reporting

The Head of S&C reports directly to the Director of Sport.