



Blundell's

FOUNDED 1604

WORKING AT BLUNDELL'S JOB DESCRIPTION AND PERSON SPECIFICATION

Job Title: Strength and Conditioning Coach

Department: Sports

Report to: Deputy Head Co-Curricular

Date: July 2024

ROLE

To support and educate a diverse pupil body, to enable them to fulfil their potential in becoming healthier and fitter. The successful individual will develop and deliver quality Strength and Conditioning sessions and programmes for pupils with many different fitness objectives and sporting aims. This is a part time role during term time working a minimum of 18 hours per week.

SUMMARY OF DUTIES

- To provide strength and conditioning training sessions to all pupils.
- To support our top sports pupils with provision of bespoke strength and conditioning programmes.
- To work alongside our Directors of Sport to oversee the sporting development of our top sports pupils.
- Supervise/teach Games and post Games sessions.
- Have a good understanding of school safeguarding procedures.
- Take reasonable care of health and safety of self, other people and resources whilst at work to comply with the School's health and safety policy, procedures and local rules.
- Any other duties as reasonably directed by Deputy Head Co-Curricular or Director of specific sport.

PERSON SPECIFICATION

Essential Qualifications and Experience

- Strength and conditioning coaching qualification

Desirable

- Experience coaching sport in a School
- Experience of playing at a senior level in specific sport

This is not an exclusive list of duties but gives an indication of the level of ability required. All staff will be expected to undertake relevant training and may be required to update their skills.

Please sign to acknowledge receipt of job description.

Signature: _____

Employee Name: _____ Date: ____ / ____ / ____