

**CRANLEIGH SCHOOL
JOB DESCRIPTION
STRENGTH & CONDITIONING COACH**

OVERVIEW

Cranleigh School are seeking to appoint a Strength & Conditioning (S&C) Coach for the 2024/2025 academic year to help ensure sports performance and health & wellbeing services effectively meet the school's commitments to pupils and parents.

PRINCIPLE DUTIES / RESPONSIBILITIES

- Deliver S&C coaching to Cranleigh School sports teams and individual athletes and pupils.
- Within the rules of professional confidentiality, liaise with the Head of Athlete Development & Rehabilitation, the Director of Sport (DOS), the Heads of Sport(s) and external academies on the progress of HPP pupils.
- Work closely with the relevant sports coaches to ensure an integrated approach to physical preparation. This may include being present during games sessions to advise on drill design to optimise targeted adaptations as well as warm up/cool down processes.
- Receive and convey information given by the physiotherapists, sports doctor and Head of Athlete Development & Rehabilitation on individual pupil needs to reduce risk of injury, optimise player availability and maximise health and performance.
- Assist with testing and monitoring sessions of HPP pupils and both 1st team and development squads (Rugby, Hockey, Netball and Cricket) and assist with data collection, management and effective dissemination of this information to all key stakeholders
- Assist in the management and delivery of sports rehabilitation clinics, and maintain clinical notes of all work conducted / progress of injured pupils in line with return to play processes.
- Create, build and sustain effective working relationships with all key parties to ensure effective, regular communication and to develop an understanding about the roles and benefits of S&C.
- Act as a point of contact for expert advice on all areas of health and wellness for all pupils/staff and the wider community.
- Supervise the fitness facilities during recreational pupil use
- Provide general inductions to pupils on safe and effective use of the fitness facilities
- Maintain the facility and conduct regular maintenance checks of equipment.
- Be of 'added value' to wider school business wherever possible (i.e. admissions team, enterprises arm).
- On occasion (with prior notice) provide cover for the Head of Athlete Development & Rehabilitation or for pre-season squad delivery in the school holidays.
- Take responsibility for applying a compliant data protection approach across all activities which involve personal data or data processing, in line with the School's Data Protection, Information Security and IT Acceptable Use policies.
- Any other duties as directed by your line manager.

PERSON SPECIFICATION

Qualifications, Knowledge and Experience

Essential:

- BSc (Hons) Exercise Sciences/S&C/Sports Injury Rehabilitation or vocational equivalent with industry experience;
- UKSCA Accredited / UKSCA Trainer Qualification / ability to obtain within 6 months

Desirable:

- MSc Exercise Sciences/S&C/Sports Injury Rehabilitation or related area

Knowledge and Experience

Essential:

- Some experience servicing athletes with S&C support.
- Excellent applied anatomical knowledge and thorough understanding of fundamental exercise prescription including ability to regress as well as progress training tasks.
- Highly familiar with all considerations around weight-room safety.

Desirable:

- Experience of rehabilitation and return to play processes
- Knowledge of common adolescent injury profiles
- Previous experience working with young athletes / children.
- Knowledge of long-term athletic development processes

Skills and Aptitude:

- Ability to work independently and autonomously
- Adaptable and able to modify sessions reactively based around imposed constraints
- Highly organised and capable of managing training programmes for a high number of athletes concurrently.
- Ability to combine verbal and movement precision when coaching.
- Ability to foster good working relationships and communicate with young people through appropriate personal communication skills.
- Committed, enthusiastic and highly motivated.
- Ability to work as part of a multi-disciplinary team.
- Takes ownership over of own personal professional development.
- Passionate about coaching / teaching / learning and has the personal character and presence to deliver.

The School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. The post holder will be subject to a DBS check.

June 2024