



## AMPLEFORTH COLLEGE

### PERFORMANCE ATHLETICS COACH

#### **Job Description**

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A highly motivated, innovative, passionate, and committed Performance Athletics Coach, to undertake overseeing the strength, conditioning, and physical preparation care of our students. Carrying out duties in the most cost-effective and efficient way, you will follow all legislation, as well as our own policies and procedures, relating to working with children, safeguarding, and Health and Safety.

#### **Main Duties:**

The successful candidate will have the experience, skills, and character to lead our students physical performance planning and oversight, fulfilling the following requirements:

- Deliver athletic performance coaching to the College sports teams and individual students.
- Design and implement conditioning and development programme for elite performance athletes, sports scholars and performance squads, aligning with the demands of relevant sports, under the direction of Heads of Sport.
- Work with performance athletes within the College on an individual, small group and team basis.
- Ensure that regular goal setting and programming is in place and supported for students across the College.
- Provide contemporary and current research and best practice with Heads of Sport, informing sector-leading and innovative coaching and programming.
- Liaise with the Heads of Sport regarding the content and delivery of strength & conditioning programmes.
- Working with Head of Sport to conduct regular testing sessions for all performance sport squads (Rugby, Football, Netball and Cricket) and sports scholars, assisting with data collection, management and dissemination.
- Support the Heads of Sport with providing strength & conditioning knowledge for all coaches for their sessions, including designing, instructing and evaluating warm-up and cool down protocols.
- Support with fixtures, festivals and tournaments.
- Assist with / join appropriate Sports Tours, both national and international.

**Line Manager**

Head of Sport

**Counter-signing Officer for the annual Professional Review**

Deputy Head Pastoral and Safeguarding