



# Faster, Stronger, for Longer

## Strength and Conditioning Coach

DNA Sports Performance aims to provide scientifically underpinned strength and conditioning services to elite and amateur athletes across the UK. We have a proven track record in helping maximise the genetic potential of athletes in various sports and are currently working with Olympic and professional athletes across a diverse range of sports.

Working in partnership with England and Wales Cricket Board (ECB), we are seeking to recruit three individuals to work as strength and conditioning coaches for the **England Moderate Learning Difficulties (MLD) Regional Cricket Academies**. The program aims to build on the outstanding success of the partnership in 2011, when under DNA's first year of support the squad became tri-nations champions for the first time. These positions will be based in the North (Wirral), South (Portsmouth) and London (Surrey) but could require travel within that region. Successful individuals must be available to start on 1<sup>st</sup> February 2012. The position is for 4 hours per month coaching and 2 hours per month program/athlete management duties at a rate of £12.50 per hour.

**Successful candidates will gain valuable experience working with developmental athletes and will be expected to perform the following roles:**

- Provide weekly 1hr athletic development sessions at an agreed location and time around the region for a small group of identified athletes.
- Attendance at national squad meetings and camps (minimum of 1 per year)
- Design and monitor weekly programs for the regional group of athletes
- Provide monthly reports to the lead S&C coach on all athletes
- Evaluate and monitor the physical development of all athletes on the program

**This is a fantastic opportunity for the successful candidates to:**

- Enhance their practical delivery skills
- Work in a specialised field of disability sport
- Learn to effectively communicate within a team of S&C coaches
- Work alongside sport specific coaches and physiotherapists
- Enhance your CV and improve your future employability
- Be part of a winning team

[www.dna-sports-performance.com](http://www.dna-sports-performance.com)

### **Application requirements:**

- Must have or be enrolled in a sports related qualification (under grad or post grad degree)
- Be UKSCA accredited or working towards accreditation in the next 12 months
- Must reside or be looking to re-locate to the selected region
- Good understanding of sports conditioning
- Good understanding of resistance training methods
- Good knowledge of anatomy and physiology
- Be committed, self motivated and reliable
- Be willing to enhance and adapt theoretical knowledge in order to understand the field of athletes with Learning Difficulties
- Hold current first aid certificate
- Professional Insurance [http://www.lfcgraybrook.co.uk/strength\\_conditioning.php](http://www.lfcgraybrook.co.uk/strength_conditioning.php)
- Committed to own personal training and have aspirations for a career in strength and conditioning
- Experience of competing in sport, preferably cricket but not essential
- Be confident when speaking to groups, open minded and willing to learn
- Be an excellent motivator

**To apply, please email [info@dna-sports-performance.com](mailto:info@dna-sports-performance.com) with an up-to-date CV and covering letter describing why you are suitable for the role and which regional position you are applying for (South, London, North).**

**Deadline for applications is 10<sup>th</sup> February 2012, Informal assessments will take place on 13<sup>th</sup> February 2012; Please note the successful candidates may be expected to complete a Criminal Records Bureau check.**

**For more information on our partners ECB please visit:**

<http://www.ecb.co.uk/development/disability-cricket/>

**For more information on DNA Sports Performance please join us at:**

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