



STUDENT PLACEMENT ROLE

Athletic Development & Physical Preparation Coach (Strength & Conditioning)

WDSC

Title:	STUDENT PLACEMENT - Athletic Development & Physical Preparation Coach
Job Type:	Part or Full Time – Voluntary Role
Term:	1 Year (June 2019 – July/August 2020)
Fee:	Voluntary Role - with agreed expenses
Qualification:	Minimum of level 2 gym instructor qualification or equivalent
Responsible to:	WDSC Chairman & Technical Lead from the WDSC Head Athletic Development Coach and WDSC Head Coach

Introduction:

Wycombe District Swimming Club is seeking a Volunteer Athletic Development & Physical Preparation Coach to work alongside a hardworking and talented coaching team for the up and coming year. This role would suit a placement student.

The successful applicant will work alongside a UKSCA accredited Strength and Conditioning Coach in her role as Head of Athletic Development and Physical Preparation to assist with the land training programme and preparation of athletes for competition. You will receive mentoring from both Head of Athletic Development and the current placement student before their placement year ends.

This opportunity will provide you with the chance to work closely with swimmers ranging from Academy to International level, alongside being mentored in a way which facilitates your own learning and development. This role will be based at the 50m pool facility in Wycombe. It will allow you to develop skills from your course, as well as providing a fantastic opportunity to apply this knowledge to a real life situation within one of the country's fastest developing clubs.

The club is growing rapidly, making this an important role in which you will be active in helping facilitate continued development.

Dependant on the applications received, the club will consider more than one student (in addition to this role), on a casual, part or full time voluntary basis.

Hours

- Morning and afternoon/evening coaching
- Manage your own time to complete administrative tasks around these coaching hours
- May need to work weekends at specified competitions (all expenses will be paid)
- Hours can be flexible
- Depending on the agreement with the suitable candidate(s), coaches will coach anything from 10 to 36 hours per week.

Opportunities Available for Learning

- Receive mentoring from the Head of Athletic Development to develop own understanding, knowledge and skills
- Tasks given to help facilitate learning and understanding to improve your ability to assist the programme
- Regular feedback and contact with mentor to help with personal development/learning requirements from the placement
- Regular opportunities to apply academic learning into the workplace
- Support given towards coaching qualifications and CPD courses

Role Responsibilities

- Shadow and assist the Head of Athletic Development with the running of all land based sessions, and competition preparation – eventually run own sessions with their guidance
- Assist with the collection and recording of various monitoring, fitness testing, and performance data for the athletes
- Plan, coach, and reflect on pre and post-pool, land, and gym sessions to a range of ages and abilities
- Provide cover for land sessions when required and are competent in this area
- Attend specified weekend competitions to assist with race preparation
- Work on given tasks to aid and develop both the land training programme and swimming programme as a whole
- Seek opportunities to develop own learning and development whilst assisting the programme
- General administrative duties

Personal Requirements

- Some experience in coaching/teaching
- Sport related degree, BTEC, etc (may be in the process of completing)
- Work well within a team
- Desire to learn and develop own knowledge and skills
- Show motivation and enthusiasm for the role
- Good communication skills with both children and adults
- Willingness to push yourself outside of your comfort zone

Desirable Attributes

- Some knowledge of competitive swimming
- Minimum of level 2 gym instructor qualification or equivalent
- Working towards UKSCA accreditation

Safeguarding

Wycombe District Swimming Club are committed to the safeguarding of all its members. Suitable candidates will be required to undergo a DBS check and complete a safeguarding course (if not already completed), whilst at the club.

Equal Opportunities

Wycombe District Swimming Club are committed to the promotion of equality of opportunity in all fields and the club intends that no applicant or contractor shall receive less favourable treatment because of gender, gender re-assignment, marital or family status, age, disability, ethnic origin, creed, sexual orientation, Trade Union membership, or by any other condition or requirement which cannot be shown to be justifiable.

This role description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of Wycombe District Swimming Club.

Applications

Please make direct applications in the form of a CV with a suitable covering letter explaining your suitability for the role to Kevin Brooks, Head Coach: headcoach@swimwycombe.com .

All roles at WDSC are subject to DBS check and two references being supplied upon request.

For an informal discussion / info regarding the role please feel free to contact the clubs Head Athletic Development Coach on gemma@swimwycombe.com initially. **This may then be followed up by a phone call.**