



**CHELTEMHAM**  
COLLEGE

## Strength and Conditioning Coach

**Reporting to: Director of Sport & Head of Sports Science**

**Terms: 40 hours per week / 35 weeks per year**

**Start Date: January 2023**

### **Cheltenham College**

College consists of two inter-dependent fee-paying schools within a single executive structure. The Senior School [13-18], founded in 1841, is the oldest of the Victorian public schools and is predominantly a boarding school of about 700 pupils, including a Sixth Form of approximately 280 pupils. The Prep School [3- 13] is largely a day school of some 400 pupils. Both schools are fully co-educational. The schools are situated in their own spacious grounds near the centre of Cheltenham. They have fine academic records and a considerable reputation for sport, drama, art and music.

### **The Role**

The Lead Strength and Conditioning coach designs, delivers, and manages the school's Physical Development programme.

- The Lead Strength and Conditioning Coach will work with all pupils to assist and enhance their overall physical development. We want pupils of all ages and physical abilities to understand the importance of training, so they are competent in a broad range of movements and can perform sports and activities in the most efficient and safe manner. We aim for all pupils to understand the benefits of training and how it can provide a stable foundation for activity in the short term and a smooth transition into lifelong sport.

### **Responsibilities of the Role (The Prep)**

- To teach Physical Education to Years 5, 6, 7 and 8 with the Prep PE staff
- To lead a termly staff inset to Prep staff with occasional attendance at Prep Games sessions to monitor quality
- To lead an annual event to educate Prep parents on the importance of S&C and long-term development and health of their children
- Provide ongoing relevant information resources to Prep PE and Games staff
- Weekly meeting with the Prep Head of Physical Education to collectively plan sessions and long-term strategy
- Contribute towards and support where necessary the College Sports Science Department with the delivery of curriculum modules
- Contribute towards the broader Cheltenham College sport philosophy, aims and objectives

- Deliver outstanding Physical Development training and Strength and Conditioning practice, both within the curriculum, games programme and extra-curricular movement sessions.
- Testing and monitoring of the school's athletes, including prospective sports scholars at 13+ and 16+
- Report back to the key stakeholders within College sport, including the Director of Sport, Head of Sports Science, Heads/Directors of Sport and members of the sports department as necessary
- Continue to promote best practice within the department and wider sports department
- Lead on staff CPD events to enhance College's knowledge sharing and support within the common room
- Lead on the ongoing evolution of the school's Physical Development Framework, completing regular reviews to enhance provision

### **Responsibilities of the Role (Senior School)**

- To lead a Physical Development programme for all pupils that is inclusive, flexible, and supportive of pupils' needs.
- To lead and deliver high quality physical preparation, coaching and support to individual pupils and sports teams, in line with the various Heads and Directors of each sport
- To lead, manage and deliver a progressive and sport specific athletic development programme for Sports Award Holders
- To co-ordinate and manage the training of pupils who are on high performance pathways.
- To work with the full range of pupils at College and will be able to demonstrate an understanding of the requirements of all sports and activities or show an eagerness to learn what is needed for success
- Be responsible for the management of the Physical development graduate coach on a day-to-day basis
- Work closely with the Director of Sport and the Head of Sports Science to structure and implement a long-term physical development model throughout the school
- Assist where appropriate with the rehabilitation of injured pupils within the Injury Rehab Clinic, communicating back to relevant stakeholders
- Mentor interns as and when appropriate, to develop a professional team to expand the development plan and review opportunities
- Complete an annual health and safety review of the department and Performance Gym facility

### **Personal and Professional Attributes Essential**

- Extensive experience working with youth athletes including those competing in performance environments
- UKSCA accreditation
- Excellent organisational and management skills
- Experience of managing others, and providing opportunities for development of other members of staff
- Commitment to sharing and communicating knowledge and expertise with others
- A thorough understanding of the science of LTAD
- Excellent communication skills and coaching manner
- Leadership qualities and the ability to be adaptable

- Willingness to take the initiative, and to work flexibly
- The ability to engage and motivate young athletes
- First aid qualification
- Willingness to undertake an Enhanced DBS check

### **Desirable**

- Experience working in a dynamic school setting
- Experience working with multi-sport athletes
- Knowledge of basic nutritional principles

**October 2022**