



George Heriot's School

Founded 1628

Job Description

Job Title: Strength and Conditioning Lead Coach
Responsible to: Director of PE and Sport
Hours: Part-Time, Permanent; Term Time Only

Summary:

The Strength and Conditioning Lead Coach is responsible for leading the design and delivery of specific programmes for identified sports and individuals. They will be required to support pupils in reaching their physical potential. The individual will work with key staff in the development of a comprehensive plan to increase the Strength and Conditioning provision within Heriot's.

Key Duties and Responsibilities:

Responsible to the Director of PE and Sport, the main duties of the Strength and Conditioning Lead Coach are, but are not limited to:

- Lead the design of Strength and Conditioning programmes for identified sports.
- Lead the delivery of Strength and Conditioning sessions for Senior Pupils. This will initially be across Rugby, Hockey and Rowing.
- Develop session plans for general fitness and conditioning training across all age groups.
- Work collaboratively with key staff within the PE & Sport department to ensure that the programmes are tailored to each individual team.
- Support identified individuals through the development for specific training plans.
- Develop a long-term plan for the Strength and Conditioning provision within Heriot's.
- Lead CPD sessions to upskill members of staff within the PE and Sport Department.
- Act as the point of contact for any pupil or parent queries relating to their training plans and escalate these as appropriate to the Deputy Director of PE & Sport or Director of PE & Sport.
- Conduct an annual review of the Strength and Conditioning programme to ensure evidence-based progression.

- Analyse best and emerging Strength and Conditioning practice in the sector and develop the S&C programme accordingly.
- Encourage and motivate pupils.
- Adhere to the Heriot's policies and procedures in relation to Health and Safety and Child Protection at all times.
- Attend to First Aid requirements.
- Complete relevant administration when required.

Skills and Attributes Required:

- UKSCA Accreditation or similar level of qualification essential.
- Valid Basic First Aid qualification is essential.
- A proven track record of success in the development and delivery of Strength and Conditioning programmes is essential.
- Proven awareness of long-term athlete development is required.
- An ability to demonstrate up to date knowledge of strength and conditioning techniques and injury prevention.
- Enthusiastic and inclusive approach with the ability to cater to pupils of various levels and abilities and motivating them to take part.
- Full, clean driving license with ability and willingness to drive a minibus is essential.
- Reliable and punctual at all times.
- Excellent communication skills with the confidence and ability to give clear instructions.
- IT literate with the ability to use MS Office.

Additional Information

This post is considered Regulated Work with Vulnerable Children and/or Protected Adults, under the Protection of Vulnerable Groups (Scotland) Act 2007. As such, the successful candidate will be required to gain membership of the PVG Scheme.

George Heriot's School is governed by George Heriot's Trust, Scottish Charity number SC011463