**Job Description**

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| **Job title:** | **Strength & Conditioning Coach (Tennis)** |
| **Department/School:** | **Department of Sport Development & Recreation** |
| **Grade:** | **6 Term Time Only 0.8** |
| **Location:** | **Sports Training Village** |

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| **Job purpose** |
| To assist and support the Lead Strength and Conditioning Coach in the delivery of Strength and Conditioning (S&C) to performance tennis athletes at the University of Bath. The role will involve managing, organising and working with high performance tennis coaches and student athletes based at the University. The job will also involve supporting the delivery of S&C sessions with a range of tennis age groups within the University programmes and supervising other members of the S&C team. |

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| **Source and nature of management provided** |
| Director of Tennis and Lead Strength & Conditioning Coach |

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| **Staff management responsibility** |
| Placement students |

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| **Career and Professional Development Activities** |
| From time to time you may be asked to assist in the facilitation of CPD activities. This will form part of your substantive role and you will not receive additional payment for these activities. |

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| **Special conditions** |
| Working in performance sport will require you to work flexible hours in line with athletes training schedules, this may include early morning, evening and weekend work. |

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| **Main duties and responsibilities** | |
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| **1** | The candidate will have to engage and apply knowledge of his/her skills to Performance Sport and successfully demonstrate enhanced physical performance, injury prevention, and holistic well-being of athletes. The candidate will demonstrate this through evidenced based practice. Previous delivery in tennis is desirable but not essential. |
| **2** | Support and assist the design of specific programmes in conjunction with the network of specialists, coaches and sport science and sports medicine personnel at the University of Bath and other key stakeholders. |
| **3** | Ensuring the S&C programme at Team Bath tennis aligns with, and is delivered in compliance with the professional guidelines and recommendations. |
| **4** | Supervise placement students as required. Assist with his/her professional development and monitor his/her progress in delivering sessions to the required standards and recommendations of Team Bath. |
| **5** | Work with tennis coaches and sports science & medicine staff to improve performance through developing, implementing and evaluating S&C programmes that reflect scientific principles as they relate to: adaptation; periodisation; peaking; tapering; injury prevention; rehabilitation; recovery and athlete screening/assessment. |
| **6** | Solely responsible for health and safety when working with athletes in the gym and physical training environments. |
| **7** | Ensure that the delivery of the S&C service effectively meets its commitments to tennis athletes, coaches, national governing bodies and other external professional bodies. |
| **Main duties and responsibilities cont/d** | |
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| **8** | Within the rules of professional confidentiality liaise with athletes, primary care managers, parents, coaches and other support staff as appropriate. Be a proactive part of the multi-disciplinary support team. |
| **9** | Work within the rules of the UK Professional Code of Conduct, standards and guidelines, and, where appropriate, University/NGB codes, standards and guidelines. |
| **10** | Manage the development of a comprehensive, indexed database of work conducted with athletes and coaches. |
| **11** | Research injury prevention models to apply to practice. |
| **12** | Quality assure the teaching on applied S&C qualifications such as UKSCA. |
| **13** | Attend, contribute to and provide regular reports at appropriate meetings associated with the tennis programme to key stakeholders. |
| **14** | Undertake a planned and agreed programme of CPD, including attendance at internal and external meetings and courses to keep abreast of world’s best practice. |
| **15** | Any other duties deemed reasonable by your line manager. |
| You will from time to time be required to undertake other duties of a similar nature as reasonably required by your line manager. On occasions the successful candidate will have to travel with players to key events. | |

**Person Specification**

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| **Criteria** | **Essential** | **Desirable** | **Assessed by** | | |
|  |  |  | A/F | I/T | R |
| **Qualifications** |  |  |  |  |  |
| * A qualification at degree level (or equivalent) in sport science specialising in the area of physical preparation of elite athletes | Y |  | Y |  |  |
| * Relevant Strength and Conditioning Certificate with evidence of continuing professional development | Y |  | Y |  |  |
| * A qualification at higher degree level (or equivalent) specialising in the physical preparation of elite athletes | Y | Y | Y |  |  |
| * UKSCA Accreditation | Y |  | Y |  |  |
| **Experience/Knowledge** |  |  |  |  |  |
| * Significant employment in the provision of strength and conditioning services to athletes and coaches to improve performance | Y |  | Y | Y |  |
| * Experience of developing and implementing innovative ideas and putting them into practice, including working in an applied and integrated manner. | Y |  | Y | Y |  |
| * Demonstrated ability to analyse a range of sports in relation to their individual athletes within these sports. | Y |  | Y | Y |  |
| * Experience in the provision of strength and conditioning services to high performance sport. (international / professional) | Y |  | Y | Y |  |
| * Experience of strategic planning, implementation and monitoring of strength and conditioning to high performance athletes. | Y |  | Y | Y |  |
| * Experience of coaching sport | Y |  | Y | Y |  |
| * Experience of working within a multi-disciplinary team in the delivery of strength and conditioning services to high performance sport. | Y |  | Y | Y |  |
| * An understanding of the various sports science and medicine disciplines | Y |  | Y | Y |  |
| * Excellent anatomical knowledge and ability to apply this to an elite strength and conditioning setting. | Y |  | Y | Y |  |
| * An ability to demonstrate up to date knowledge of strength and conditioning techniques. | Y |  | Y | Y |  |
| **Skills** |  |  |  |  |  |
| * Ability to work under pressure | Y |  |  | Y |  |
| * Ability to prioritise own workload | Y |  |  | Y |  |
| * Excellent problem solving and decision-making skills | Y |  |  | Y |  |
| **Attributes** |  |  |  |  |  |
| * Self-motivated | Y |  | Y | Y |  |
| * Able to work in a team as well as individually | Y |  | Y | Y |  |
| * Excellent interpersonal skills | Y |  | Y | Y |  |

Code: A/F – Application form, I/T – Interview/Test, R – References