



# Basildon & Phoenix Swimming Club



## Basildon and Phoenix Swimming Club

Vacancy

### Strength and Conditioning Coach

Part Time

Self-Employed

**Basildon and Phoenix Swimming Club is seeking to appoint an experienced Strength and Conditioning Coach.**

*Basildon & Phoenix Swimming Club is a large and growing competitive swimming club with Swim Mark Performance status. The club is proud of its many talented athletes of all ages, a strong number of whom compete nationally and internationally. The club has been awarded the top club award at both the Essex County Age Group and Essex Senior Championships for the last three years. The club's swimmers won thirty gold medals at the 2019 Swim England East Region Long Course Championships, including four relay gold medals. Several athletes won medals at the 2019 British Summer Championships and the Swim England National Summer Meet.*

Key duties of the role include but are not limited to:

- The design and delivery of innovative and age-appropriate group strength and conditioning sessions for swimmers in our competitive squads
- The design of personalised strength and conditioning programmes for national and international athletes, and athletes who demonstrate the potential to reach this standard
- Effectively communicating the purpose of sessions, to aid athlete understanding and independence.
- The development of a close working relationship with our Head Coach and coaching team to ensure that athlete needs and development priorities are met
- The planning and delivery of innovative strength and conditioning development days, targeted at specific training squads and/or swimming strokes
- Contributing to club publications and publicity, to ensure that all club stakeholders are aware of strength and conditioning developments within the club
- Being fully appraised of the latest developments in strength and conditioning training for swimmers
- Communicating effectively and working collaboratively with the administrative leadership of the club, including the club committee and the executive committee, and with any interested stakeholders, such as regional and national talent officers.



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The successful candidate will:

- Be educated to degree standard in a relevant discipline and/or have a proven track record in developing the strength and conditioning needs of competitive swimmers
- Have excellent interpersonal skills, demonstrating a particular capacity to engage young adults in effective strength and conditioning training programmes
- Be responsive to feedback, and able to communicate well to all stakeholders verbally and writing
- Be flexible to the needs of the club and willing to become a member of Swim England, observing and implementing all relevant club and Swim England policies, including the Code of Ethics
- Attend relevant planning and strategy meetings, both with the BPSC coaching team and with the Committee and Executive Committee, and other relevant stakeholders.

For further information, please contact Tom Baster - Club Chairman ([chair@phoenixbasildonsc.org](mailto:chair@phoenixbasildonsc.org))

Applications should be by CV and covering letter (maximum length – two sides) to Lucy Ford – Club Secretary ([secretary@phoenixbasildonsc.org](mailto:secretary@phoenixbasildonsc.org)).

Closing date for applications – Friday 22<sup>nd</sup> November 2019.

Interviews will take place in the week beginning 9<sup>th</sup> December 2019.