

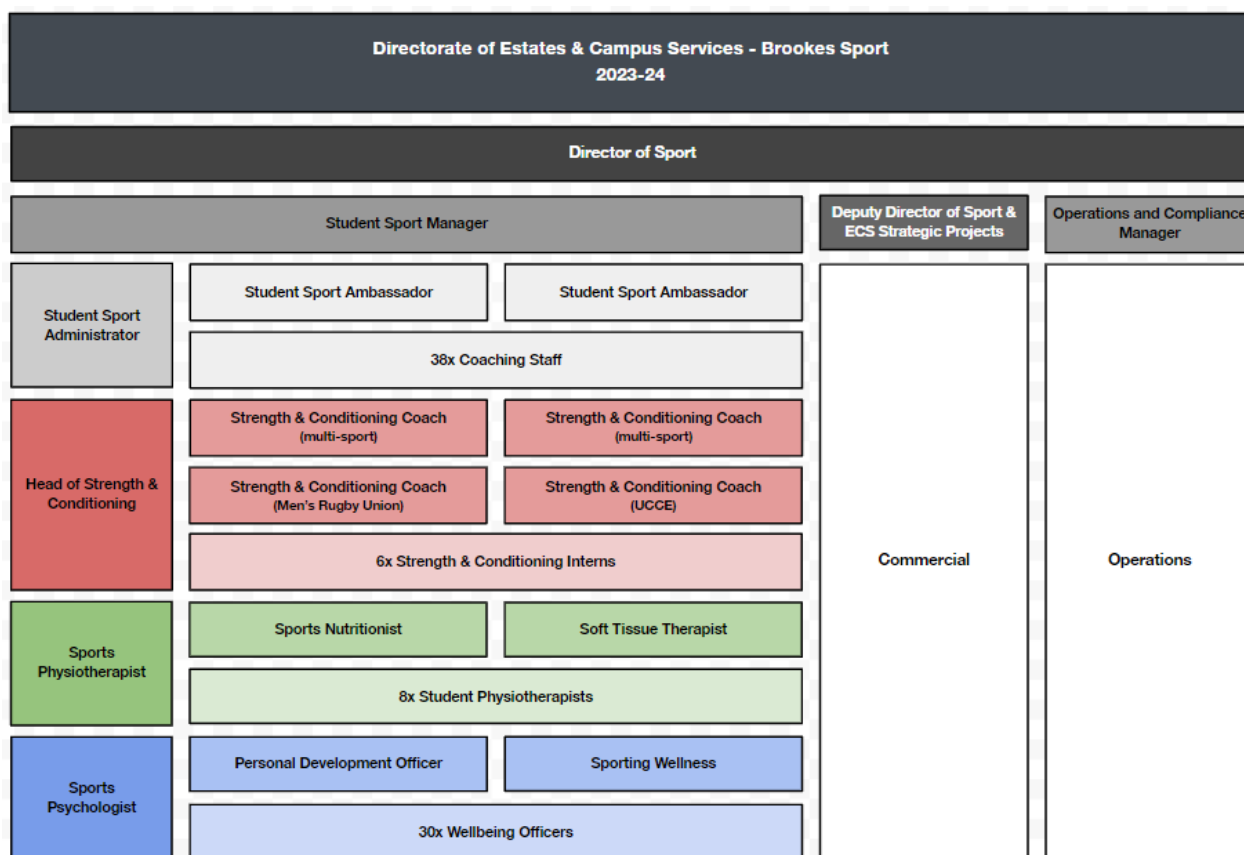
## Strength & Conditioning Coach

### Introduction

We are committed to building an inclusive and supportive environment at Oxford Brookes. As part of this, an [independent review](#) of behaviour and culture within Brookes Sport was commissioned by the University in 2021. This was commissioned to ensure that policies and practices within Brookes Sport - including all clubs - promote the culture, behaviours and values the University expects of its students.

The aim of [Brookes Sport](#) is to create an environment where teams and individuals are supported to succeed, and maintain our national BUCS ranking (31st-37th place). All official Brookes Sport sports clubs are registered under the [TEAMBrookes](#) banner. TEAMBrookes encapsulates 35+ affiliated sports clubs, with in excess of 2,200 student members.

TEAMBrookes sports clubs are supported, administered and regulated by student-sport staff:



We are seeking a highly motivated and enthusiastic individual to join our team as a Strength & Conditioning Coach. Whilst TEAMBrookes sports clubs are principally student-led (by the [student committee](#)), Brookes Sport employs Strength & Conditioning Coaches to support the physical development of our student-athletes.

Strength & Conditioning Coaches are a very visible and influential extension of the sports department, having a vast amount of interaction with student-athletes and therefore they play a key role in fostering a positive, welcoming and inclusive environment for students to take part in. At all times, sports coaches should look to help with the implementation of changes and recommendations as set out in the [Brookes Sport Culture Review](#).

Weekday morning and/or evening work to be expected, with possibility of weekend delivery where appropriate. The position is offered on a casual contract for ~£5,500 in total; ~10 hours delivery & ~4 hours administration per week for 22x weeks in total; [Brookes Calendar](#) weeks 0 to 12 (semester 1) and weeks 0 to 8 (semester 2).

### **Role Purpose**

To support the delivery, planning and implementation of a Strength & Conditioning programme for the sports clubs of the University, with the aim of maximising the student experience and the quality and value for money of delivery. Liaising with internal and external stakeholders including other institutions, NGBs, technical coaches, fellow practitioners, and students among others.

### **Main Duties & Responsibilities**

- To plan and implement the delivery of an effective S&C coaching programme for OBU sports clubs. This includes both group and individual coaching, and the creation of programmes for pre-season, in-season, and off-season.
- To liaise with the Head Coach(es) and Team Captain(s) to ensure engagement in and appropriate communication of the S&C programme, ensuring that the S&C programme links to the overall technical aims of the programme.
- Work in a collaborative and integrated manner with sports science and sports medical practitioners for student-athletes in your S&C programme who access [Supporting Performance](#) services.
- Liaise with the Head of Strength & Conditioning on the rehabilitation of student-athletes involved in your programmes.
- Support the Head of Strength & Conditioning in leading and/or assisting with profiling our student-athletes.
- Liaise with the Head of Strength & Conditioning to monitor and review the progress of the student-athletes involved in your programme.

### **Other Duties**

- Work in partnership with student-sport staff and student committee(s) to ensure optimal development of any given sport at Oxford Brookes University.
- To support the education and growth of student-athletes as individuals, signposting towards appropriate avenues of support, including the university's [mental health support](#).
- Occasionally attend specific events with high recruitment potential and sell the vision and programmes of both TEAMBrookes and the university.
- To update the student-sport staff team via team briefings and written reports on business undertaken and developments proposed.

### **Criteria**

- UKSCA accreditation, or the ability to obtain it within 12 months.
- Ability to evaluate and adapt to develop S&C programmes for individual athletes and teams.
- Ability to analyse and interpret training and performance data to monitor progressions.
- Experience working within a multi-disciplinary support network.
- Knowledge of and understanding of the University Sports landscape; talent pathways and BUCS.
- Proven experience in coaching student-athletes in Higher Education.
- Excellent player management and motivation skills.
- Excellent communication, organisational and team player skills.
- IT skills necessary for analysis, report writing and general communication.

**Contract**

- [£18.11](#) per hour; ~14 hours per week, ~£5,500 in total.
- 22x weeks in total; [Brookes Calendar](#) weeks 0 to 12 (semester 1) and weeks 0 to 8 (semester 2).
- Weekday morning and/or evening work to be expected, with possibility of weekend delivery where appropriate. Delivery hours are negotiable for the successful candidate based on personal availability.
- Assigned teams and sessions to be confirmed during discussion with the Student Sport Manager and the Head of Strength & Conditioning. It is anticipated that the successful candidate will deliver to a range of sports teams, most notably the Women's Hockey 1st team and Women's Lacrosse 1st team to support their performance goals.

To discuss further or to express your interest in the role, please send a copy of your CV and a Cover Letter to the Head of Strength & Conditioning, Warren Beattie - [WBeattie@Brookes.ac.uk](mailto:WBeattie@Brookes.ac.uk). Deadline for receipt is 12-noon on Friday 1st September 2023.