

SPORTS INSTITUTE NORTHERN IRELAND

JOB DESCRIPTION

Job Title:	Head Strength and Conditioning Coach
Responsible to:	Athlete Services Manager
Salary:	£29,003 - £40,530 per annum – under review (with final salary pension)
Location:	Sports Institute Northern Ireland (SINI)
Contract:	Permanent

Job Purpose

In a time of positive change within the Northern Ireland performance system, this is an outstanding opportunity to lead the development of strength and conditioning services within a Home Country Sports Institute (SINI) and its associated network of three 'feeder' centres (Performer Development Centres).

The SINI programmes provide service to athletes from over twenty sports through a team of 7 strength & conditioning staff (4 deployed within SINI and 3 within the Performer Development Centres).

This post is an opportunity to lead a young and dynamic team ensuring that strength and conditioning operates effectively within the multidisciplinary support environment operated at SINI. The role will suit those wishing to gain experience in the management and mentoring of others and in fostering effective networks with service providers within the UK and Ireland.

Responsibilities

Strategic

- Act as the lead for the Strength and Conditioning Unit and oversee the strategic development of the strength and conditioning service within all SINI programmes
- Support the Athlete Services Manager in delivery of SINI service strategy within Northern Ireland
- To contribute to the strategic development of Strength and Conditioning facilities within Northern Ireland as required by the Athlete Services Manager
- Oversee appropriate quality assurance standards for personnel, service delivery and equipment associated with SINI

- Establish and maintain effective working relationships with other Strength and Conditioning providers within the UK and Irish systems

Operational

- Work in collaboration with strength & conditioning coaches and other service providers to deliver integrated athlete programmes that impact on performance across a wide range of sports (both Olympic and non-Olympic and both individual and team)
- Promote a multi-disciplinary team approach to performance enhancement through proactive interactions with other SINI service units (especially physiotherapy and physiology)
- Personally develop and deliver world class strength and conditioning services (planning, coaching and programming) to athletes in order to enhance performance
- Manage staff within the Strength and Conditioning Unit on a day to day basis, through development of individual work programmes and completion of performance reviews
- Maintain a comprehensive, indexed database of work conducted with athletes and coaches and ensure that this practice is adhered to by other members of the strength and conditioning unit
- Monitor and report on the effectiveness of the work of the Strength and Conditioning Unit within SINI programmes – keeping the Athlete Services Manager informed of task accomplishment, issues and status
- Manage and report on the devolved budget for Strength and Conditioning

Development

- Contribute to the development and implementation of best practice education and development programmes for coaches within Northern Ireland as required by the Athlete Services Manager
- Participate in the mentoring of developing service providers within the SINI network
- Participate in organisational training and staff annual reviews

This job description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and can be amended in the light of the changing environment within SINI.

June 2009