

JOB TITLE: STRENGTH & CONDITIONING COACH (Full Time)

LOCATION: COALITION PERFORMANCE TRAINING CENTRE, SOLIHULL, WEST MIDLANDS

Are you a determined, developing S&C/trainer, interested in a unique opportunity which can provide you chance to make a big difference in the lives of those you coach, and provide you high levels of job satisfaction and career progression, within a stable environment?

Coalition Performance (CP) is a private S&C training centre, which has progressively grown to become one of the country's leading private training facilities. Established by Dave Cripps in 2015 following an extensive career in elite sport S&C, we have continued to use a unique approach to other private facilities, along with a passionate and ambitious mindset, to pursue the goal of making CP an internationally recognised training facility. Therefore, this role provides a genuinely unique and exciting opportunity for a developing coach to have a personally rewarding and purposeful career.

The position requires a chance to quickly develop a vast range of skills as an S&C coach and person, due to the broad nature of responsibilities and learning opportunities under an experienced coaching team. By supporting our members, who range from male to female, 10 to 88 years old, fit to injured, athletic and non-athletic, and of varying ability and background, your support will directly help drive their success towards a variety of goals. These include holistic health, fitness and body composition goals, sporting and athletic goals and rehab from injuries. Consequently, this breadth creates variety and need for a highly broad application of S&C and personal coaching skills, superb for your development.

Critically, as those members you coach choose to be supported by us and personally invest significantly in this, it creates a unique dynamic and one whereby you have the opportunity to play a highly significant part in using S&C to directly allow people to achieve major personal achievements and positive change in their lives. This is something almost exclusive to this type of role and again contributes strongly to job enjoyment and purpose.

Therefore, this role is one which has exciting potential to evolve and develop you, based upon developing your broad coaching skills in combination with a strong sense that you have purpose in the role, and are contributing to the exciting development of CP. This will be illustrated in the reciprocal commitment from us to you, in creating a stable, progressive career.

ROLE SUMMARY:

The successful candidate will have an enthusiastic, confident and determined personality, allowing them to build positive rapport and trust, quickly to our range of members. This will be complimented by broad, personal and coaching skills to deliver consistently exceptionally high levels of coach performance, to create the very best environment to optimally facilitate member results and experience. Consequently, this use of broad skills as a coach, gives superb opportunity to develop across all facets as an S&C coach, and develop your coaching voice.

You will have a fundamental grasp of S&C principles in relation to physiology, anatomy and technical coaching skills. We will nurture and guide you in your coaching abilities, but you will already demonstrate competence in coaching S&C exercises.

You will have an undergraduate degree in sport science/coaching and have experience delivering S&C as a coach/personal trainer to athletes and general public (any ability). Additionally, supplementary experience in personal training at private training facilities will also be viewed favourably and is why we are also encouraging those in both S&C coaching and personal training background to apply (inline with the requirements noted).

	Essential	Desirable
Experience	Experience delivering S&C to sporting/athletic populations (all abilities) over a minimum period of 1-2 years (can include internship experience). Other coaching experience will also be viewed favourable aside this.	Experience in elite sporting environments as an S&C coach. Experience as a coach/trainer in private training facility/gym environments. Experience delivering S&C to varying populations based on varying ages, skills and goals.
Personal skills	Strong work ethic and passion for S&C/coaching. Confidence to be able to build rapport fast and set a great first impression with a range of different people Ability to work under pressure and pursue challenges to develop yourself. Genuine interest in applying S&C beyond just elite sports clubs/institutes. Interest and application in your own physical training Ability to build rapport and trust with a broad variety of people. Desire to work in a coaching team, delivering a system and collaboratively working to develop this.	
Qualifications	Undergraduate degree in sport science/coaching/physical education. UKSCA accreditation (or ability to achieve within 12 months)	
Knowledge and Technical Skills	Fundamental grasp of exercise physiology, anatomy, principles of training. Competent in demonstrating, coaching and rationalising a broad range of S&C exercises, efficiently and effectively. Sound computer skills to update, design and progress training programmes within our philosophy.	
Other	Can drive.	

GENERAL RESPONSIBILITIES:

- Delivering high quality S&C coaching to our members both one to one and in small groups.
- Executing consistent, quality preparation prior to sessions.
- Communicating daily amongst the coaching team feedback on members and sessions.
- Contributing to our on-going personal and organisational development
- Continued reflection and personal learning through formal and informal meets.
- Assisting in programme design for our members.

CAREER DEVELOPMENT

We are very keen in demonstrating this role is one which we see as **providing a longer-term career opportunity** with us. Chance to progressively grow into the role and receive the further benefits and responsibilities which come with this mean the successful candidate will be going into this role with total commitments into evolving into the role and opportunities ahead at the organisation.

REMUNERATION and CPD:

You will be a full time, professional employee of CP, working exclusively at our training facility. As you will be fully employed, you receive the security this provides, including full pension benefits, insurance cover, competitive salary based on your experience and rare to this industry, full holiday benefits (28 days per year).

Your work pattern will consist of 5 working days per week (4 x weekdays, 1 x Saturday morning) all from our Solihull training centre. These weekdays could be either mornings into afternoons, or afternoons into evenings.

Salary will be discussed with you during a pre-interview video call following your application, or can be enquired about by emailing us (this is because this is dependent upon your experience and background). However, this will be suitable and competitive to those fitting the criteria outlined in the personal specification.

A progressive development plan through reflection, appraisal and learning both one to one and as a coaching team will allow for an optimal progression in your skills, enjoyment and performance, alongside the coaching itself. From mentoring over 50 young, ambitious strength and conditioning coaches, who have gone into thriving careers in the industry and beyond, this is support with an undoubted and proven track record.

You will follow a course of CPD, to develop you as a strength and conditioning coach, including work towards UKSCA Accredited Qualification over this period.

HOW TO APPLY:

Please complete the following and send to contact@coalitionperformance.co.uk before Thursday 14th October:

- A copy of your CV
- A short mobile phone recorded video (up to 4 minutes) simply introducing yourself, why you have applied and your relevant experience (*please send this via wetransfer.com to the above address*)

Many thanks

Dave Cripps
Director, Coalition Performance