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Strength & Conditioning Coach (working with Paralympic Rowing & Multisport)

Location: Bisham

Salary: £28,438 - £30,078 p.a

Contract Type: Permanent

Position Type: Full Time

Interview Date: Week commencing 31st January 2022

Closing Date: Wednesday 19 January 2022

GB Rowing Team is seeking a Lead S&C Coach to work with its world leading Para Rowing Program. Since Para Rowing's inclusion as a Paralympic sport, Great Britain have been the dominant force winning half of all gold medal events across the last 4 Paralympic Games. Setting out on the journey to Paris there is an exciting opportunity to work with a squad containing seasoned Paralympians and upcoming talents with the potential to build towards further success at both Paris 2024 and LA 2028. The ability to work with the coaching team to drive individual athlete development in line with the changing demands of each classification whilst maintaining a motivational group training environment have been key to Para Rowing's approach. The successful applicant will be driven by the individual development required for each athlete to maximise their progression, applying a curiosity and problem-solving approach to achieve this. They will also have a strong ability to create an atmosphere and approach to sessions that builds the motivation and momentum of the squad as a whole.

The English Institute of Sport (EIS):

The EIS exists to deliver outstanding performance support that enables UK High Performance System sports and athletes to excel.

The EIS is the world's leading provider of Sports Science, Medicine, Technology and Innovation to high performance sport. It is unlike any other organisation in high performance sport, with an unrivalled network of experts in their fields delivering people-first solutions to over 40 Olympic and Paralympic Sports. Established in 2002, and now a wholly owned subsidiary of UK Sport, the EIS has been

providing support to Olympic and Paralympic sports for almost 20 years and is now one of the largest organisations in high performance sport globally.

At the EIS we have around 100 staff and work in a complex environment of external stakeholder relationships. The EIS sits in a pivotal role in the UK within high performance sport. On a day to day basis EIS people provide outstanding support services to sports in our elite training centres. It is also at the heart of leading innovation across sport as well as being a key voice in the world of sports science and technical and medical challenges that will face our world of sport over the coming years; mental health, doping, safeguarding, concussion – to name just a few.

ROLE SUMMARY

Great Britain was the leading Rowing nation at the Paralympic Games in Rio 2016 and in Tokyo 2020. This is an exciting dual role to support both Paralympic & Multisport programmes towards Paris 2024.

1. Lead the delivery of strength and conditioning to GBRT Paralympic Squad (0.5 FTE)
2. Lead the delivery of strength and conditioning to EIS Multisport athletes (0.5 FTE)

Salary Scales: £28,438 - £30,078 p.a.

Grade: Level 2 (All Sciences)

Hours of Work: Such hours as necessary to carry out your duties. This will involve a minimum of 37 hours per week and will include working outside normal office hours at evenings and weekends and on Public Holiday

Location: The normal place of work is Bisham Abbey National Sports Centre & Redgrave Pinsent Rowing Lake, Caversham - however the EIS may from time to time require you to travel to, and work at other offices / locations including working outside of the UK at GB Rowing Team (GBRT) training camps

MAIN TASKS AND ACTIVITIES

GBRT Paralympic Programme

- Work with the GBRT Paralympic Rowing coaches and support team to design strength and conditioning programmes for Rowers that address the individual technical and physical demands required to be successful on the World Stage.
- Deliver individual and group strength and conditioning sessions to GBRT Podium and Podium Potential Paralympic Rowers in a variety of training environments including travel to remotely based rowers training bases.
- Work with coaches and support staff to deliver an interdisciplinary approach to performance development engaging in all aspects of physical assessments and physical preparation.
- Work with the coaches and support staff, especially with the GBRT Paralympic Rowing medical team to provide individual injury risk management strategies.
- Contribute to the GBRT Olympic and Paralympic Performance Support team strategies and development opportunities.

EIS Multisport

- Work with non-centralised Paralympic & Olympic athletes from various sports and supporting world class sports based at Bisham Abbey, adapting programmes to maximise athlete's potential.
- Work alongside various coaches and practitioners from sports such as Hockey, Gymnastics, Athletics and Equestrian at both a Pathways and World Class Program level.

EIS Co-Working with the GB Rowing Team

- Work to improve performance through developing, implementing, and evaluating strength and conditioning programmes that reflect scientific principles as they relate to adaptation, periodisation, peaking, tapering and injury rehabilitation.
- Ensure that the delivery of the strength and conditioning service effectively meets its commitment to athletes, coaches and National Governing Bodies including appropriate training objectives.
- Work with coaches and support staff to deliver an interdisciplinary approach to performance development.
- Where appropriate identify and facilitate appropriate communication methods, including workshops to inform and educate athletes, coaches and Performance Directors in the effective use of strength and conditioning.
- Maintain a comprehensive, indexed database of work conducted with athletes and coaches.
- Where appropriate, attend, contribute to and provide regular reports at appropriate meetings associated with the programme and to key stakeholders including other EIS colleagues and NGB staff.

- Work with practitioners from the Rowing Olympic and Paralympic programme to further knowledge practice within the team
- Work within the rules of professional confidentiality, liaise with athletes, primary care managers, physiotherapists, coaches and other staff in accordance with the HCSI Code of Conduct, standards and guidelines and where appropriate, the EIS host agency
- Having the willingness to engage with and support continuous professional development in anti-doping i.e. UKAD Accredited Advisor Certification
- Can demonstrate knowledge and awareness of Athlete Support Personnel roles and responsibilities under the current World Anti-Doping Code
- Embed equality, diversity and inclusion values and principles in all ways of working and in the delivery of the Performance Planning Strategy

WHY WORK FOR US?! Take a look....

<https://www.eis2win.co.uk/careers/why-work-for-us/>

The EIS is a dynamic, growing and fast-moving organisation that will offer you a flexible, positive, stimulating and challenging work environment with real opportunities to make the best better. Working for the **English Institute of Sport** brings its rewards not only in its salary and benefits package, but also the opportunities for learning and career development.

Our generous benefits package includes:

- 29 days paid holiday per year (pro rata for part time roles) plus 8 bank holidays
- Membership of EIS's Occupational Sick Pay Scheme from your first day of employment
- Automatic entry into BUPA health cash back plan for day to day expenses like dentist, eye tests, physio, etc.
- Generous pension scheme
- Discounts on Shopping, Entertainment, Travel and Lifestyle services through our Benefits portal

We are committed to creating an even more diverse and inclusive workforce that will bring different perspectives to our work. So that we can more closely reflect UK society, we particularly encourage applications from under-represented groups including Black, Asian and people with other ethnically diverse backgrounds, those with a disability or long-term health condition and people returning to work after a career break.

We also understand the importance of maintaining a healthy work-life balance, so all of our roles are open to flexible working and, in many cases, remote-working too. We ask only that you work with us to find an arrangement that meets our sports and business needs and enables you to perform the role in full, in a way that works for both of us.



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