



## The University of Manchester - Assistant Strength and Conditioning Coach (Contractor)

School/Service Location	Sports Development, Strength and Conditioning (S&C) Multi-site (see below for details)
Contract Type	Service Level Agreement
Service Fee	Pay range up to £2,660 28 weeks (October 22-April 23)
Number of weeks	5 for delivery and programming additional scope for hours to
Hours per week	increase to support our university sports and/or other external partners)
Hours	Mon 19:00-21:00 (Wright Robinson College) Tue 18:00-19:00, 20:00-21:00 (Platt Lane Sports Complex) Wed 20:00-21:00 (Wright Robinson College)
Starting Date	October 4 <sup>th</sup> , 2022

### Job Details

The University of Manchester are looking to contract the services of an assistant S&C Coach for the 2022/23 Season (term time only from October 4<sup>th</sup>, 2022 – April 8<sup>th</sup>, 2022). Working within the Performance Sport team, the S&C coach will deliver sessions to our external partners in the Greater Manchester region. There may also be scope for the role to expand to support our university sports and/or other external partners.

**It is our preference for the role to be delivered by a single coach however services can be shared between multiple deliverers should availability be limited (e.g. Monday sessions by coach 1, Tuesday and Wednesday by coach 2). In this instance, the stated payment amount would be split pro rate between the service providers.**

### Main Duties & Responsibilities

1. Plan and deliver physical development programmes to Manchester Thunder Netball age group squads (U15-U21) in group settings. All programmes must be underpinned by sound scientific evidence and practice-based rationale.
2. To plan and deliver performance testing for each age squad in line with England Netballs testing criteria.
3. Work closely with the Lead Strength and Conditioning Coach and sport coaches to ensure that the delivery of the service effectively meets the objectives and the needs of our partners and the University of Manchester S&C service.
4. Provide impactful feedback to enhance team and individual athlete performance
5. Maintain an up-to-date indexed database of work completed and track athlete performance to inform future programming and coaching decisions.
6. Work within the UKSCA code of conduct, standards and guidelines.

## Application Process

Please send a copy of your **CV** and a **one-page cover letter** to: [nathan.norris@manchester.ac.uk](mailto:nathan.norris@manchester.ac.uk)

For informal any queries regarding this role please contact Nathan Norris at the email address listed above.

## Person Specification

UoM Sport are looking for people who are outgoing and highly motivated. The person specification below indicates the essential and desirable attributes that an individual must demonstrate to be considered for the post. Please note that covering letters should be written in way that demonstrates how the applicant meets each of the attributes. **Applicants will be shortlisted if they demonstrate how they meet all the essential attributes. The desirable attributes are not necessary to be shortlisted but are advantageous.**

	Essential	Desirable	Method of Assessment
<b>Qualifications/Education</b>			
A qualification at degree level in Sports Science or similar subject	✓		Application
Possess a Safeguarding and Protecting Children in Sport certificate	✓		Application
Recognised First Aid Qualification	✓		Application
UKAD Clean Sport Advisor	✓		Application
Valid professional insurance certificate	✓		Application
UK Strength and Conditioning Association Accredited.		✓	Application
An MSc in strength & conditioning or sports science.		✓	Application
<b>Experience and Knowledge</b>			
2+ years' experience of S&C coaching	✓		Application
Experience of working with young adults	✓		Application
Experience of collecting, analysing and disseminating training/testing data and feeding back to key stakeholders	✓		Application
Experience of delivering sessions to large groups	✓		Application, Interview
Previous experience of coaching university athletes		✓	Application
Knowledge and understanding of how to engage and communicate effectively with university athletes		✓	Interview
<b>Skills</b>			
Excellent communication and interpersonal skills	✓		Interview
Excellent motivational skills	✓		Interview
Ability to plan, develop and deliver high quality coaching sessions	✓		Interview
Excellent planning and organisational skills	✓		Interview
Ability to monitor and evaluate own coaching performance	✓		Interview
<b>Other</b>			
Performance driven with a can do approach	✓		Interview
Must be able to work times specified above for the duration of the contract	✓		Application
Hold a valid DBS or willing to undertake	✓		Interview
Committed to equal opportunities	✓		Interview
An understanding of Health and Safety and safeguarding procedures	✓		Interview