



## **STRENGTH AND CONDITIONING COACHING SCHOLAR - DESCRIPTION**

### **Role overview**

This scholarship will be an opportunity for a University of Leeds student to gain applied coaching experience in the field of strength and conditioning over the course of the 2024-25 academic year. Volunteers in this role will embark on a programme of learning through bi-weekly Community of Practice (CoP) sessions (practical and theoretical workshops covering topics relating to coaching performance athletes) and mentoring, which will develop their knowledge and applied skills.

The coaching scholar will work alongside the senior strength and conditioning team where they will assist in supporting a high-performance team (e.g., GB Start Rowing, Renaissance Arts, Leeds Triathlon Centre, Leeds Bradford MCCU). They will also lead the strength and conditioning provisions to a University of Leeds BUCS performance team (e.g., Football, Hockey, Rugby, Rowing, Swimming, Triathlon).

### **Main tasks and activities:**

- Assist in the delivery of strength and conditioning support to a BUCS performance team by creating, implementing, and evaluating strength and conditioning programmes that reflect the needs of the sport.
- Assist the senior strength and conditioning team to deliver strength and conditioning support to a high-performance team.
- Engage with and make active attempts to learn from the experiences of other coaches to support the development of your own practice.
- Conduct physical testing and monitoring and recording, processing, interpreting, and presenting data to athletes.
- Work collaboratively with the other strength conditioning scholars to support their development.
- Engage with and contribute to the CoP sessions and mentorship to develop the skills and knowledge needed to be an effective coach.
- Actively engage in reflective practice throughout the internship programme.

### **Skills developed:**

- Coaching practice & soft skills:
  - Communication, practical and emotional intelligence, time management, teamwork, problem solving, initiative, adaptability, planning and organisation, leadership, and mentoring others.
- Knowledge:
  - Programme design, testing and monitoring, strength, power, energy systems, speed, agility, change of direction, weightlifting and injury reduction.

**Training and support / professional development:** This will include:

- An initial Induction to the organisation and role.
- Regular mentoring, observations, and feedback from the senior S&C coaching team.
- Access to weekly CoP sessions. Past sessions include:
  - Olympic weightlifting for sports performance
  - Training programme design
  - Speed and agility training for sports performance
- Access to all events with guest speakers, who in the past have included:
  - Boxing Science
  - GB Rowing
  - Manchester United FC
  - Formula 1 Team Haas
- Opportunity to gain certified qualifications relevant to the role.

**Rewards and Recognition:** We greatly appreciate your time and skills so we will make every effort to ensure you are appreciated in your role. For example, we will ensure you have full access to The Edge facility on an Edge club membership and endeavour to provide additional opportunities within the applied sport science / strength and conditioning field.

**Hours of Volunteering:** Volunteers for this role are ideally able to commit 6-8 hours per week throughout the 2024-2025 academic year. Please note this may include early morning and/or evening hours.

**Location:** The normal place of coaching is the Gryphon Performance Hub at Cromer Terrace, however, you may be asked to coach at The Edge and Sports Park Weetwood.

**Person specification:**

COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
<b>Qualifications</b>		
Undertaking a degree at University of Leeds in sport science or a related area	Essential	Application
<b>Knowledge, skills, and personal attributes</b>		
Have an interest in sport and supporting others	Desirable	Interview
Reliable, hard-working and a willingness to be proactive	Essential	Interview
Commitment to a high standard of professional conduct (in accordance with the Leeds Sport volunteering code of conduct)	Essential	Interview

Please note that for this role, if you don't meet the desirable competence areas, we still welcome your application if you feel you are suitable for the role.

**To apply for the S&C Coaching Scholar role:**

Please complete the **application form** on the Leeds Sport website

(<https://sport.leeds.ac.uk/portfolio-item/sc-internship/>). Applications are **OPEN NOW** and will close on **March 31<sup>st</sup> 2024**. Following your online application, you may be invited for an interview with the Strength and Conditioning team during the 2023-24 academic year.

Please contact Tim Jarrett ([T.Jarrett@leeds.ac.uk](mailto:T.Jarrett@leeds.ac.uk)) and Emily Dingley

([E.dingley@leeds.ac.uk](mailto:E.dingley@leeds.ac.uk)) via email if you would like to discuss anything related to the role.