



## **Gordon's School**

### **Assistant Athletic Performance Coach (Volunteer) – Job description**

We are looking for strength and conditioning/exercise and sports science placement students to join the ever-growing multidisciplinary team in order to assist in the delivery of all aspects of physical development within Gordon's School.

#### **Benefits**

- School meals provided during working hours
- Branded school kit
- CPD opportunities delivered by the Head of Athletic Development, as well as external sources.
- Learn to use athletic management systems and athletic testing technology such as Teambuilder, VALD, Hudl, Titan GPS, Power BI and other diagnostic tools
- Opportunities to work with high performance international athletes and academy players in rugby, hockey, netball and other various sports.

#### **Key Roles and Responsibilities**

- Assistance in delivering a comprehensive athletic performance programme to Gordon's School students, including HPP students in line with Harlequins Rugby Academy
- Assist in screening, testing and any other data collection.
- Management of GPS units
- Opportunities to be involved in ACE League Match Day duties
- Opportunities to deliver athletic development on match days for our senior sport teams.
- Liaise with Gordon's School's physiotherapist to devise and deliver injured players rehabilitation programmes each week, including return to run programmes.
- Assist Gordon's School's Athletic Performance Coach with the delivery of any athletic performance sessions for all sports within the school
- Assist the PE staff during any PE / games sessions when needed

#### **Required Qualifications/Experience**

- Undertaking a sports science or a strength and conditioning based degree or unit.
- Evidence of previous experience in coaching individuals or small groups
- Own transport and a clean driver's licence

#### **Desired applicant qualities:**

- Knowledge of working with youth athletes with an understanding of long-term athletic development
- Knowledge of the basic strength exercises and the ability to coach these exercises
- An ability to display proper lifting technique in various lifts including the Olympic lifts
- An ability to deliver speed and agility sessions for multiple sports.

*Gordon's School is a State Boarding and Day School and is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment – applicants must be willing to undergo appropriate screening including an enhanced DBS check.*