



## **Wycombe District Swimming Club** **STUDENT PLACEMENT ROLE**

### **Athletic Development & Physical Preparation Coach (Strength & Conditioning)**

<b>Title:</b>	<b>STUDENT PLACEMENT - Athletic Development &amp; Physical Preparation Coach</b>
<b>Job Type:</b>	Full Time – Voluntary Role
<b>Term:</b>	<b>1 Year (Sep 2023 – July/August 2024)</b>
<b>Fee:</b>	Voluntary Role - with agreed expenses
<b>Responsible to:</b>	Technical Lead from the WDSC Head Athletic Development Coach and WDSC Head Coach

This placement is a voluntary role because as a registered charity (and swimming club) we are not able to support another part time or full-time role at the Club. However, we recognise the value that placement students bring and fully believe that our placement offer is a huge opportunity for the right student. Over the last four years various placement students have earned considerable experience at the club and have gone on to become sort after; in contracted and employment roles.

At Wycombe Swimming we fully believe in supporting coach development and wherever possible the Club may be able to provide support in the following areas:

- Travel expenses to and from the workplace
- Subsistence expenses whilst at competitions
- Support towards suitable qualifications (outside of your degree)

#### **Introduction**

Wycombe District Swimming Club is seeking a Volunteer Athletic Development & Physical Preparation Coach to work alongside a hardworking and talented coaching team for next season. This role would suit a university placement student.

The successful applicant will work alongside, and receive mentoring from, an experienced UKSCA accredited Strength and Conditioning Coach in her role as Head of Athletic Development and Physical Preparation, to assist with the strength and conditioning programme at the club and preparation of athletes for competition.

This opportunity will provide you with the chance to work closely with swimmers ranging from Academy to International level, alongside being mentored in a way which facilitates your own learning and development. This role will be based at the 50m pool facility in High Wycombe. It will allow you to further develop skills and knowledge from your course, as well as providing a fantastic opportunity to apply this knowledge to a real-life situation within a Swim England Performance Centre.

The club is growing rapidly, making this an important role in which you will be active in helping facilitate continued development



### **Hours**

- Morning and afternoon/evening coaching
- Manage your own time to complete administrative tasks around these coaching hours
- May need to work weekends at specified competitions (all expenses will be paid)
- Hours can be flexible
- Depending on the agreement with the suitable candidate, coaches will coach anything from 10 to 36 hours per week.

### **Opportunities Available for Learning**

- Receive mentoring from the Head of Athletic Development to develop own understanding, knowledge and skills
- Regular feedback and contact with mentor to help with personal development/learning requirements from the placement
- Regular opportunities to apply academic learning into the workplace
- Tasks given to help understanding, facilitate learning and apply knowledge
- Progressively given more responsibility of planning and coaching sessions, when appropriate
- Support given towards coaching qualifications and CPD courses

### **Role Responsibilities**

- Shadow and assist the Head of Athletic Development with the coaching of all land based sessions, and pre race priming at competitions – eventually run own sessions with their guidance. This ranges from coaching swimmers individual S&C programmes in the gym to leading squad land training sessions in the studio.
- Assist with the collection and recording of various monitoring, fitness testing, and performance data for the athletes
- Plan, coach, and reflect on pre and post-pool, land, and gym sessions to a range of ages and abilities
- Provide cover for land sessions when required and are competent in this area
- Attend specified weekend competitions to assist with race preparation
- Work on given tasks to aid and develop both the land training programme and swimming programme as a whole
- Seek opportunities to develop own learning and development whilst assisting the programme
- General administrative duties



### **Personal Requirements**

- Some experience in coaching/teaching
- Sport related degree, BTEC, etc (may be in the process of completing)
- Work well within a team
- Desire to learn and develop own knowledge and skills
- Show motivation, commitment and enthusiasm for the role
- Good communication skills with both children and adults
- Willingness to push yourself outside of your comfort zone

### **Desirable Attributes**

- Some knowledge of competitive swimming
- Minimum of level 2 gym instructor qualification or equivalent
- Working towards UKSCA accreditation

### **What Previous Placements Students Say**

“Choosing to complete my placement year at Wycombe District Swimming Club was definitely the best decision I made at university. I learnt so much from working alongside such a friendly and experienced coaching team. Without this placement I would never have considered a role in Strength & Conditioning, and that is largely down to the incredible support and mentoring I received from Gemma throughout. I learnt how to effectively apply a lot of the theory from university to a wide range of swimmers, from Academy to International level, as well as massively improving my confidence and coaching ability. Gemma really encourages you to think about the application of knowledge to real life scenarios and gives so many opportunities to try a variety of different tasks and coaching situations. As a result of the experience and high quality mentoring I received on this placement, I am now happily working as a Strength & Conditioning coach since leaving university.”

“My placement at Wycombe District Swimming Club was an unforgettable experience. I got to work alongside one of the best strength and conditioning coaches, who provided me with so many opportunities to learn and further my understanding into the field of sport and exercise science within a competitive sporting environment, especially in the fields of S&C and physiology. From my first day I felt like part of the team and that I could contribute to team discussions. From living with friends to moving to placement where I knew no one, it was tough at first but due to placement being so welcoming and caring I knew it was the right decision.”



### **Safeguarding**

Wycombe District Swimming Club are committed to the safeguarding of all its members. Suitable candidates will be required to undergo a DBS check and complete a safeguarding course (if not already completed), whilst at the club.

### **Equal Opportunities**

Wycombe District Swimming Club are committed to the promotion of equality of opportunity in all fields and the club intends that no applicant or contractor shall receive less favourable treatment because of gender, gender re-assignment, marital or family status, age, disability, ethnic origin, creed, sexual orientation, Trade Union membership, or by any other condition or requirement which cannot be shown to be justifiable.

**This role description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of Wycombe District Swimming Club.**

### **Applications**

Please make direct applications in the form of a CV with a suitable covering letter explaining your suitability for the role to Kevin Brooks, Head Coach: [headcoach@swimwycombe.com](mailto:headcoach@swimwycombe.com)

All roles at WDSC are subject to DBS check and two references being supplied upon request.

For an informal discussion / info regarding the role please feel free to contact the clubs Head Athletic Development Coach on [gemma@swimwycombe.com](mailto:gemma@swimwycombe.com) initially. **This may then be followed up by a phone call.**