



**Remuneration**

£20 per hour

plus expenses

# Shropshire Netball Academy Strength and Conditioning Vacancy

Shropshire County Netball are recruiting a strength and conditioning coach to work with the Shropshire County Academy which forms part of England Netball's Roses Pathway. The role will be required from: September 2024.

As a Strength and Conditioning Coach, your primary responsibility will be to develop and implement comprehensive training programs to enhance the physical performance, strength, and conditioning of athletes, teams, or individuals. You will collaborate closely with athletes, coaches, and other sports professionals to optimise performance, reduce the risk of injury, and facilitate the achievement of athletic goals. Your expertise in exercise science, physiology, and biomechanics will be utilised to design and deliver effective strength and conditioning programs.

Commitment will entail planning, delivery and evaluating a strength and conditioning programme, which follows England Netball guidelines. Training base is at The Langley Academy Netball Centre, Dawley, Telford. Dates will be fortnightly, on Sunday afternoons (timings can be flexible). You will be lone working with approximately 20 athletes.

## Job Description

### Role requirements:

- Assess the physical abilities, performance goals, and injury history of athletes.
- Design and develop individualised strength and conditioning programs tailored to the specific needs and objectives of each athlete, in collaboration with England Netball's programme.
- Implement training programs that focus on improving strength, power, speed, agility, endurance, flexibility, and overall athletic performance.
- Monitor and adjust training programs based on ongoing assessment and performance feedback.
- Identify and target areas for improvement in an athlete's performance, such as strength, power, and agility.
- Collaborate with coaches to integrate strength and conditioning into overall training plans.
- Develop injury prevention strategies and exercises to reduce the risk of injuries during training and competition.
- Educate athletes on proper technique, form, and safe training practices to minimize the risk of injury.
- Conduct regular fitness assessments, such as strength, power, and conditioning tests, to track an athlete's progress.
- Utilise data analysis and technology tools to evaluate performance metrics and provide feedback to athletes and coaches.
- Monitor and document training loads, recovery strategies, and nutritional considerations to optimize performance and reduce overtraining.
- Provide educational resources and workshops to athletes, coaches, and parents on topics related to strength and conditioning.
- Communicate effectively with athletes, coaches, and parents to ensure a collaborative and integrated approach to training.
- To submit invoices to the Head Academy Coach at the end of each term, using the Shropshire Academy claim form.

### Qualifications/Skills:

- A degree in Exercise Science, Kinesiology, Sports Science, or a related field.
- Proven experience as a Strength and Conditioning/Fitness Coach, preferably working with athletes
- In-depth knowledge of exercise physiology, biomechanics, and sports nutrition.
- Strong understanding of periodisation, training methodologies, and injury prevention strategies.
- Excellent communication and interpersonal skills to effectively collaborate with athletes, coaches, and parents.
- Demonstrated ability to motivate and inspire athletes to reach their full potential.
- Current first aid qualification
- Safeguarding workshop certificate
- DBS check through England Netball (the County can organise this on your behalf).

For an informal discussion or further questions please contact:

Sofie Suckley 07969578816 or email: [sof\\_02\\_11\\_90@hotmail.com](mailto:sof_02_11_90@hotmail.com)

Deadline for applications: 30th July 2024

Academy dates 2024/2025 season:

6th & 20th October 2024  
10th & 17th November  
1st & 15th December  
5th, 12th & 26th January 2025  
9th & 23rd February  
9th & 23rd March  
6th & 27th April  
11th & 25th May



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# Application Form - Strength and Conditioning Coach

Name:

Address:

Tel:

Email:

Strength and Conditioning/Fitness qualifications including dates achieved:

Other relevant qualifications/awards/certificates:

Please give some background to your experience in strength and conditioning/fitness coaching generally and any specific experience with netball athletes:

Please can you give the name and email contact for a reference that knows of your work:



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Completed forms to be returned to: [Sofie Suckley](mailto:sofie_suckley@shropshirecounty.netball) via email on [sof\\_02\\_11\\_90@hotmail.com](mailto:sof_02_11_90@hotmail.com) by 30th July 2024