



## JUNIOR STRENGTH AND CONDITIONING COACH (12 MONTH FTC)

**Responsible to:** Strength and Conditioning Lead

**Location:** National Tennis Centre, 100 Priory Lane, Roehampton, London SW15 5JQ

**Contract details** Up to £25,000 per annum, dependent on experience

### About the role

This role will play a key part in delivering against the LTA new 10-year performance strategy for British Tennis. The role will work as part of a large Science and Medicine team to develop and empower the most resilient, athletic tennis players in the world. This role is a unique opportunity designed for someone who has a passion for developing British tennis players and themselves as an Strength and Conditioning coach within the sport.

The role will focus on the delivery to the PSP (Pro Scholarship Programme) group but will also support the delivery to players through the whole LTA player pathway from Senior to National age group programme both at the NTC (National Tennis Centre) and overseas. The role will have a high amount of day to day coaching, both at the NTC and supporting players overseas. Throughout the year the practitioner will have a bespoke individual specific development plan developed and delivered in partnership with a designated mentor.

The successful candidate will:

- Have a desire to immerse themselves in the sport and learn through varied experiences
- Have experience working as part of an inter-disciplinary team delivering Strength and Conditioning (S+C) in high performance sport
- Be able to communicate effectively with players, parents, coaches

### Key Accountabilities

1. In partnership with coaches, Senior Strength and Conditioning Coach and player deliver an integrated physical development programme for a targeted cohort of PSP players (up to 6).

Specifically this will involve:

- Working in partnership with coach, Senior Strength and Conditioning Coach and player to develop and deliver an integrated programme / plan that is in line with the players individual development goals
- Working alongside physio, medicine and nutrition (primarily) and the wider Sports Science team to support targeted players to maximise short and long term physical development
- NTC Delivery and targeted overseas support (up to 20 weeks) aligned to players individual development plan. (Overseas delivery will be in the form of both training camp and in competition support).
- Supporting the delivery of NTC based rehabilitation when appropriate
- Supporting and developing the implementation of systems and methodologies to evaluate / effectively review training.
- Supporting and delivering LTA training camps

2. Delivery of Strength and Conditioning services at the NTC in a way that creates a training environment that inspires athletes, delivers integrated support in partnership with coaches, and provides the player / coach with actionable insight.

Specifically this will involve:

- Working in partnership with other support services to develop and deliver an integrated approach to player support at the NTC
- The coordination and delivery of specific sessions as part of the LTA S + C team
- Supporting and developing systems and processes that support the objectives of the NTC as a training base
- Supporting the design and delivery of an innovative monitoring / testing process that creates actionable insight that positively affects training decisions both now and in the future
- Creating, upholding and developing a training environment that inspires athletes, has the highest levels of safety and operates effectively
- Supporting the delivery of NTC based rehabilitation when appropriate

3. Developing and supporting the wider mission of the LTA Sports Science and Medicine team.

Specifically this may involve:

- Bespoke project work aligned to successful candidate's area of expertise and strategic priorities
- Development and delivery of educational content / resources to support the wider tennis S + C network
- Delivery to British tennis athletes and support of other programmes where appropriate

*Due to the nature of the role it will involve both overseas travel and working weekends*

## Person Specification

### Qualifications and Experience:

Degree level (or equivalent) in related field	Essential
MSc in S+C or a related field with UKSCA accreditation / equivalent (or working towards)	Desirable
Experience of developing elite athletes in partnership with coaches	Essential
Experience of designing, implementation and monitoring training programmes aligned to the needs of the individual and sport.	Essential
Experience working in close collaboration with a variety of stakeholders and a number of teams or individual athletes concurrently	Essential
Experience working in high performance as part of an inter-disciplinary team	Essential
Experience of overseas / tour player support and delivery	Desirable
Knowledge of Elite Tennis	Desirable

### Skills/Knowledge:

Communication and problem solving skills	Essential
Ability to work effectively in a team developing highly effective working relationships	Essential
Strong planning and organisational skills, ability to prioritise, meet timescales.	Essential
Seek opportunities for different and innovative approaches to addressing challenges	Desirable
Ability to effectively coach a wide range of individuals (build rapport, create technical change, align coaching to programme goals)	Essential
Ability to reflect upon work to create positive change	Essential
Ability to work with athletes and coaches to highlight and development areas link to athletes short and long term development.	Essential
IT literate	Essential

**Personal Attributes:**

<i>Teamwork</i>	<ul style="list-style-type: none"><li>• Strong team player across both the Performance Team and the wider organisation</li><li>• Collaborative approach to building effective relationships</li><li>• Ability and awareness to put yourself in others shoes</li><li>• Communicate in a clear and compelling manner, adapting style to meet audience needs</li></ul>
<i>Integrity</i>	<ul style="list-style-type: none"><li>• Accountability for, and ownership of, results</li><li>• Ability to maintain objectivity and independence</li><li>• Ability to utilise data to identify key issues to achieve long-range goal</li></ul>
<i>Passion</i>	<ul style="list-style-type: none"><li>• Personal drive and passion to make a difference in British Tennis</li><li>• Pro-activity to take on responsibility</li><li>• Think creatively and with confidence to see things through to implementation and completion</li><li>• Inspire others and create possibilities for performance Intelligence to be at the heart of decision making</li></ul>
<i>Excellence</i>	<ul style="list-style-type: none"><li>• Positive approach and mind-set to continuous process improvement</li><li>• Utilise planning and organisational skills to prioritise and meet timescales</li><li>• Creativity in identifying solutions and solving problems</li><li>• Undertake appropriate professional development to keep abreast of world's best practice</li></ul>

**Closing date:** Sunday 1<sup>st</sup> September

**Interview Date(s):** Week commencing 9<sup>th</sup> September