



Team East Lothian AC

Registered charity in Scotland SC045501

Job Title:	Physical Preparation Lead Coach
Fee Rate:	£10-£14 p/h [contract for services]
Hours of Work:	From 4-8 hours per week mainly on Mondays / Wednesdays / Thursdays
Location:	around East Lothian – Meadowmill Sports Centre as well as Dunbar, Musselburgh & Haddington
Key Links:	Coaching Coordinator & Event Group Coaches
Accountable to:	Board of Trustees – Pathways & Coaching Trustee

Having recently expanded our coaching programme, Team East Lothian is looking to engage with a physical preparation expert to work within our current coaching structure to develop athletes in our Academy, Development II, Development I and Potentials Squads.

Since 2012, Team East Lothian has been shaping the athletics pathway in East Lothian and is recognised as a talent environment for athletics. As a vibrant and forward thinking organisation, we are taking in the next step in our journey by expanding our coaching and training squads structure to further develop athletes and help them to maximise their potential.

As the Lead Physical Preparation coach, the successful candidate will be responsible for delivering Strength & Conditioning sessions for athletes in our Academy and Development II Squads across the event groups (Sprints & Hurdles, Jumps, Throws, Endurance). As well as supporting the delivery and direction of Physical Literacy & Conditioning sessions for athletes in our Development I and Potentials Squads with our Physical Literacy & Conditioning coaches. The role will involve working closely with our current physical literacy & conditioning coaches as well as our event group leads and assistant coaches.

This position is a contract for service which will deliver interventions and support our physical literacy and conditioning training sessions that complement our event group technical training sessions.

For more information / to speak about the role please contact Jamie Bowie, Team East Lothian Trustee (Pathway & Coaching) on 07598 976972.

If you are interested in the role, please send a copy of your CV to coaching@teameastlothian.org.uk by Friday 27 October.

Interviews will be conducted in the first two weeks of November and will be an evaluation of practical delivery of physical preparation / S&C.

Main Areas of Responsibility

- Provide leadership for the delivery and development of physical preparation services for athletes in Team East Lothian's training squads
- Deliver and lead on strength and conditioning for athletes in Academy and Development II squads (*aged around 14 to 20 years*)
- Support the delivery and provide direction on the physical preparation programme (physical literacy, movements skills and conditioning) for athletes Development I and Potentials squads (aged around 11 to 16 years)
- Support the physical testing, assessment and monitoring of athletes in identified squads (physical literacy report cards)
- Take a holistic approach to physical preparation, working closely with the TEL coaching team to support the long term development of athletes
- Work with the Event Group Leads, Assistant Coaches as well as Physical Literacy & Conditioning coaches to design physical preparation programmes that meet the technical requirements of event groups and that help develop physical resilient athletes
- Attend, contribute to, and /or provide regular reports at appropriate meetings associated with the TEL coaching programme

The above list is not regarded as exclusive or exhaustive, as there may be other duties and requirements, which the incumbent may be required to perform from time to time, in consultations with the incumbent and the Pathways & Coaching Trustee.

The person should have:

- A qualification at degree level (or equivalent) in sports science or extensive coaching experience specialising in the area of physical preparation
- UK Strength and Conditioning Association ASCC or equivalent
- Demonstrable experience in the provision of strength and conditioning and physical preparation support to young and developing athletes to support their long-term development as well as the event specific and technical demands.
- Knowledge and experience of working with young and developing athletes
- Proven ability to construct individualised training schedules specific to the needs of different event groups and athletes at different stages of development