



# POOLE SWIMMING CLUB

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Please reply to: [poolescoachba@gmail.com](mailto:poolescoachba@gmail.com)

Poole Swimming Club

## **Poole Swimming Club Part Time Strength and Conditioning Coach Required**

Poole Swimming Club are looking for a part time Strength and Conditioning Coach

Poole Swimming Club is a club with a vibrant heritage and is striving to produce one of Britain's leading competitive programmes. Based in Dorset, the club has over 250 members, catering for all competitive abilities seeing achievements at county, regional, national and junior international successes over the last five years.

The post required is for a Strength and Conditioning Coach to work with our athletes through group training sessions on a Saturday Morning (8am to 10 am) and Wednesday Evening (4pm to 6pm) working with squad coaches to plan sessions to suit training phases throughout the season.

The role will require:

- 1) A UK Strength and Conditioning Association accredited coach.
- 2) The ability to motivate and inspire swimmers to achieve their full potential via the sound understanding of the principles behind Long Term Athlete Development.
- 3) A good level of technical knowledge of functional movement and a basic knowledge of competitive swimming.
- 4) Sound planning, organisation and administration skills.
- 5) The ability to communicate with lead performance coaches and swimmers between the ages of 9 and 19 years of age.

Additional Hours can be gained through running educational workshops for swimmers and parents.

How to Apply:

Please submit a covering letter supporting evidence of the above requirements along with your CV to Barry Alldrick [poolescoachba@gmail.com](mailto:poolescoachba@gmail.com) by 15<sup>th</sup> September 2016. Interviews will take place during the week commencing 22<sup>nd</sup> September with a view to successful applicants being in position by 1<sup>st</sup> November 2016.

**PREPARING SWIMMERS CREATING WINNERS** 1

