



## Glasgow School of Sport Volunteer Programme

### Role Description

#### Role **Strength and Conditioning Volunteer Coach**

The Glasgow School of Sport is a National Centre of Excellence supporting around 130 potential elite youth athletes. Pupils work to a modified educational curriculum (delivered at Bellahouston Academy). With sport specific, strength and conditioning (S&C) and sport education qualifications being delivered by staff at the Glasgow School of Sport. The S&C team provide 70 hours of S&C support per week. The aim of the volunteer/internship programme is to support and develop the current S&C delivery through volunteers.

#### Location

Glasgow School of Sport at Bellahouston Academy, 30 Gower Terrace, Glasgow, G41 5QE

#### Days & Times

Monday 8.30am-3pm, Tuesday 7.30am-4pm, Wednesday 8.30am-4pm, Thursday 7.30am-4pm or Friday 9am-3pm

Candidates would be expected to be available for one of the above for an academic year (44 weeks of the year). Times may change subject to academic timetables.

#### Main tasks & activities

Support S&C staff to deliver strength and conditioning training sessions

Recording and monitoring of training sessions

Video analysis of training sessions

Observation of sport specific sessions

Attendance at relevant meetings

Support the delivery of sport education qualifications

Basic administration tasks as directed by S&C staff

Promotion of a high performance environment

Data collection of S&C related performance variables

Generate reports on S&C related performance variables

#### Benefits to you

Full support from Glasgow School of Sport S&C team (UKSCA accredited coaches)

Access to the Glasgow School of Sport facilities

The chance to network with elite sport specific coaches

Excellent experience to enhance your CV

References can be provided to volunteers who complete the programme

### Skills and abilities we are looking for

Open, warm and friendly manner

Good communication skills

Knowledge/experience of coaching process/teaching

Awareness of own limitations and boundaries

Commitment to the role

Basic administration skills

Willingness to undertake training required

Experience of competitive sport as an athlete or coach

Ability to interact appropriately with secondary school-aged children

Most important of all is the willingness to learn and the desire to support others.

### Training

Prior to undertaking the role, candidates will be required to attend a Safeguarding and Child Protection workshop through Glasgow Life. An induction to the Glasgow School of Sport will be provided on the first day of the role. This will introduce candidates to the school environment, their role and what is expected of them as a volunteer/intern working with high performance elite youth athletes.

All volunteers will need to complete a PVG check. The purpose of this is to safeguard volunteers and service users from harm. The check involves completing a short form which you will be supported to fill in by the Glasgow School of Sport coordinator. Having a criminal record will not automatically prevent you from volunteering. Rather, cases will be treated on an individual basis.