

Volunteer Programme

Role Description



Role	Strength and Conditioning Volunteer Coach
	<p>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.</p>
Days & Times	<p>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</p>
Tasks & Activities	<p>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 high performance environment. Data collection of S & C related performance variables. Generate reports on S & C related performance variables.</p>
Benefits to you	<p>Full support from Glasgow School of Sport S & C Team (UKSCA accredited coaches). Access to 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.</p>
Skills and abilities we are looking for	<p>Open, warm and friendly manner. Good communication skills. Knowledge/experience of coaching process/teaching. Awareness of own abilities 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.</p>
Training	<p>Prior to undertaking the role, candidates will be required to attend a Safeguarding and Children 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.</p>
PVG	<p>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.</p>
Location	<p>Glasgow School of Sport Bellahouston Academy, 30 Gower Terrace Glasgow , G41 5QE</p> <p style="text-align: right;">Tel: 0141 582 0034</p>

