

Glasgow School of Sport Volunteer Programme

The Glasgow School of Sport is a National Centre of Excellence supporting around 130 potential youth athletes.

This is a fantastic opportunity for students with an interest in strength and conditioning and/or individuals working towards UKSCA accreditation. You will benefit from full support from the Glasgow School of Sport Strength and Conditioning Team (UKSCA accredited coaches) and will network with elite sport-specific coaches. The programme will enable you to gain excellent experience to enhance your CV and references can be provided to volunteers who complete the programme.

Volunteers are crucial to the success of the S&C delivery, carrying out duties such as:

- Support S&C staff to deliver strength and conditioning training sessions
- Record and monitor training sessions
- Video analysis and observation of training sessions
- Support the delivery of sport education qualifications
- Promotion of a high performance environment
- Data Collection and report generation on S&C related performance variables

You will be open, warm and friendly with good communication skills. Ideally, you'll have some knowledge/experience of coaching process/teaching (preferably in strength and conditioning) and/or experience of competitive sport/strength and conditioning as an athlete or coach. You will be reliable and committed to the programme, willing to undertake training, and most importantly, have a willingness to learn and a desire to support others.

Volunteering opportunities are unpaid but there will be agreed access to gym facilities for the duration of your placement.

Successful volunteers will benefit from a comprehensive Glasgow Life induction programme. Those wishing to secure a role within Glasgow Life following their placement will have access to our Interview Skills Workshop.

All volunteers are required to complete a PVG check. Having a criminal record will not prevent you from volunteering. Rather, cases will be treated on an individual basis.