



## **Glasgow School of Sport Volunteer Programme**

### **Role Description – Volunteer Strength and Conditioning (S&C) Coach**

#### **Background to Glasgow School of Sport**

The Glasgow School of Sport is a National Centre of Excellence supporting around 130 elite youth athletes who have the potential to become Commonwealth and Olympic level athletes in the future. Pupils follow a modified 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 coach programme is to support and develop the current S&C delivery through support from volunteer S&C coaches.

#### **Work 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-4.30pm, Thursday 7.30am-4pm or Friday 8.30am-3pm
- Candidates would be expected to be available for one of the above for an academic year (August to the end of the following June). 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
- Support the delivery of the fitness testing services



- Support the development of fitness testing reports on physical aspects of performance for coaches and athletes.

### **Benefits to you**

- Full support from the Glasgow School of Sport S&C team – both full time coaches are UK Strength and Conditioning Association (UKSCA) accredited and previous recipients of the UKSCA Coach of the Year awards
- Access to the Glasgow School of Sport facilities on work days for your own training
- 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
- The opportunity to develop your coaching skills to a level that will secure paid employment in the future – past candidates have gone on to secure paid roles with Celtic FC, Rangers FC, Glasgow Clyde College, University of Strathclyde Sport and Greenock Morton FC as well as achieve the UKSCA's Accredited Strength and Conditioning Coach status (ASCC)
- Opportunity to apply for funding to sit the QCF Level 2 in Coaching Strength and Conditioning
- Opportunity to apply for the UKSCA's Early Years Career Development Grant (free access to all UKSCA workshops in preparation for sitting the UKSCA's accreditation)
- Support to prepare for UKSCA accreditation (candidates would need to be exceptional and have considerable S&C experience prior to undertaking the voluntary coach role).

### **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
- The role is a practical coaching role, not a shadowing opportunity and you must be willing develop your coaching skills.



## **Training**

Prior to undertaking the role, candidates will be required to attend a Safeguarding and Child Protection workshop. 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 working with 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.

## **Application process**

Interested candidates should send a CV along with a cover letter detailing your suitability for the role, your previous experience in sport, how the role will support your development as a coach and what makes you stand out as a suitable candidate, to [kevin.watson@glasgowlife.org.uk](mailto:kevin.watson@glasgowlife.org.uk). Candidates should note that several posts will be offered.