



# Faster, Stronger, for Longer

## Strength and Conditioning Coach

DNA Sports Performance aims to provide scientifically underpinned strength and conditioning services to elite and amateur athletes across the UK. We have a proven track record in helping maximise the genetic potential of athletes in various sports and are currently working with Olympic and professional athletes across a diverse range of sports.

Working in partnership with Northern Thunder and The University of Manchester Sport, we are seeking to recruit four individuals to work as strength and conditioning coaches for the newly formed **Thunder Regional Training Academies**. The positions will be based in Manchester East, Manchester Central, Liverpool and Preston but may require travel within the region. The successful individual must be available to start on 7<sup>th</sup> November 2011 and be available on Monday evenings (Wednesday in East Manchester). The position will be paid at a rate of £12.50 per hour.

**Successful candidates will gain valuable experience working with developmental and senior international athletes and will be expected to perform the following roles:**

- Provide weekly 1hr athletic development sessions at same location during the week.
- Attend performance review meetings
- Deliver, design and monitor weekly programs to identified athletes
- Provide monthly updates to the lead S&C coach on all athletes
- Help evaluate and monitor the physical development of all athletes on the program

**This is a fantastic opportunity for the successful candidates to:**

- Enhance their practical delivery skills
- Work in a specialised field of sport
- Learn to effectively communicate within a team of S&C coaches
- Work alongside sport specific coaches and physiotherapists
- Enhance their CV and improve future employability

## **Application requirements:**

- Must have or be enrolled in a sports related qualification (undergrad or post graddegree)
- Be UKSCA accredited or working towards accreditation in the next 12 months
- Must reside in the region
- Demonstrate good understanding of sports conditioning
- Demonstrate good understanding of resistance training methods
- Demonstrate good knowledge of anatomy and physiology
- Be committed, self motivated and reliable
- Be willing to enhance and adapt theoretical knowledge and apply it to netball athletes
- Hold current first aid certificate
- Professional Insurance [http://www.lfcgraybrook.co.uk/strength\\_conditioning.php](http://www.lfcgraybrook.co.uk/strength_conditioning.php)
- Committed to own personal training and have aspirations for a career in strength and conditioning
- Experience of competing in sport
- Be confident when speaking to groups, open minded and willing to learn
- Be an excellent motivator

To apply, please email [info@dna-sports-performance.com](mailto:info@dna-sports-performance.com) with an up-to-date CV and covering letter describing why you are suitable for the role.

Deadline for applications is 28<sup>th</sup> October 2011; Informal assessments will take place on or around 30<sup>th</sup> October; please note the successful candidates may be expected to complete a Criminal Records Bureau check and child protection certificate.

**For more information on our partners please visit:**

[www.thundernetball.com](http://www.thundernetball.com)  
[www.sport.manchester.ac.uk](http://www.sport.manchester.ac.uk)

**For more information on DNA Sports Performance please join us at:**

Twitter @ DNACoachNick  
Youtube @ DNASportsPerformance  
Facebook @ DNA Sports Performance  
LinkedIn @ <http://uk.linkedin.com/in/dnacoachnick>

[www.dna-sports-performance.com](http://www.dna-sports-performance.com)