



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 RGC 1404 and the Welsh Rugby Union, we are seeking to recruit an individual to work as strength and conditioning coach for the **RGC 1404 Provincial Training Academy**. The positions will be based in Wrexham, North Wales but may on occasions require travel within the region. The successful individual must be available to start on 10th January 2012 and be available on Tuesday (6.30pm-8.30pm) and Thursday (6.30pm-8.30pm). The position will be paid at a rate of £11.00 per hour.

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

- Provide weekly 4hrs of 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 on all athletes
- Help evaluate and monitor the physical development of all athletes on the program
- Engage with other S&C coaches in the North Wales region

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 grad degree)
- 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
- 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 with an up-to-date CV and covering letter describing why you are suitable for the role.

Deadline for applications is 3rd January 2012; Informal assessments will take place on or around 4th to 6th January; 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:

<http://www.nwru.co.uk/>

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