Oxford University Sport is seeking to engage with a consultant strength and conditioning coach to work as part of the Blues Performance Scheme to support its top performing teams. This is a unique opportunity to work with a large range of sports to have tangible impacts on performance outcomes. The Blues Performance Scheme supports the top teams and individuals through strength and conditioning, nutrition, and psychology to help students reach their sporting potential alongside earning a world-class degree.

Expected Hours: term time only 30 weeks per year. Between 5-10 hours per week.

Role

- Plan, deliver and record S&C sessions using Teambuilder, our online training platform.
- Liaise with the head S&C coach to monitor progress and track performance impact.
- Ensure the delivery effectively meets the needs of the team with integration and understanding of their seasonal training program.
- Attend multidisciplinary meetings with technical coaches, sports science and medicine support staff, leadership groups and other support roles where appropriate.
- Effectively communicate with team captains and coaches regarding the session.
- Possible additional hours working with teams and individual athletes on 1-to-1 basis.

Requirements

- Completed BSc in Strength and Conditioning or related field.
- At least 6 months experience in delivering group fitness or group strength and conditioning sessions.
- Excellent work ethic and interpersonal skills, reliable, confident, enthusiastic and ability to communicate in an inspiring and engaging manner.
- UKSCA accredited or ability to obtain within 6 months.
- Experience working with elite athletes or performers is desirable.

Remuneration: £20 per session (60 mins).


Deadline: 12noon 20th December 2021.

Application: Please send your CV and cover letter to Tiahan.eeles@sport.ox.ac.uk

For an informal chat please get in touch via Tiahan.eeles@sport.ox.ac.uk