



## MARLBOROUGH COLLEGE

### JOB DESCRIPTION

- POSITION:** Strength and Conditioning Graduate Assistant
- DEPARTMENT:** Sport
- ACCOUNTABLE TO:** A lead manager will be allocated from the Sport Department. Overall accountability is to the Deputy Head (Co-Curriculum).
- PAYMENT:** £220 per week plus opportunities for additional allowances to be paid (eg coach escort duty). A one-off payment of £250 will be made at the outset of employment as a contribution to costs that may be incurred (eg purchase of an academic gown).
- HOURS OF WORK:** This is a full-time post and includes early mornings, evenings and weekend working, as required.
- TENURE:** This is a fixed-term appointment running from the end of August 2017 through to 29<sup>th</sup> June 2018.

#### The College:

Marlborough is a leading co-educational independent boarding school of Anglican Foundation, incorporated by Royal Charter and a registered educational charity. There are currently 930 pupils of whom the majority are boarders pupils studying a range of subjects to A level and Pre-U. There are 140 teaching staff and over 400 non-teaching staff.

There are 16 boarding houses, substantial teaching and ancillary buildings. Sport enjoys purpose built facilities including 11 rugby pitches, 6 grass hockey pitches, 8 cricket squares, 14 artificial cricket nets, 4 lacrosse pitches, 7 football pitches and 2 volleyball courts. There are two all-weather astro-pitches (one floodlit) for hockey and tennis (12 courts) and further hard court areas for netball (10 courts) and tennis (12 courts). An all-weather, porous rubber, athletics track, is fully equipped to international standards.

The College has an excellent sports hall complex and gymnasium. There are indoor cricket nets and facilities for a range of sports including indoor tennis, netball, basketball, volleyball and badminton. Indoor facilities also include 2 rackets courts, 5 squash courts and 6 fives courts.

A state of the art, 25 metre, competition, indoor swimming pool has 8 lanes and a hydraulic bottom which alters the depth from 0.8 to 3 metres making it equally ideal for squad training, water polo, sub aqua, canoeing or recreational swimming.

In September 2012 the College established a co-educational boarding school in the region of Iskandar Malaysia.



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Further information on the College may be found on the College website at [www.marlboroughcollege.org](http://www.marlboroughcollege.org)

### **Key purpose:**

The Strength and Conditioning Graduate Assistant will be responsible for supporting the athletic development of pupils aged 13 to 18. The Graduate will deliver athletic training aligned with the school's athletic development framework and syllabus to pupils participating in a wide range of sports and PE lessons.

### **Main tasks:**

#### **Strength and Conditioning – Academic and Co-Curricular**

1. Design and deliver athletic development training programmes that reflect the needs of the sport and the individual and that are in line with the pupil's sporting and educational programme.
2. Assist and lead pupils during their onsite PE lessons, in line with the Athletic Development Programme over the academic term.
3. Educate pupils in their understanding of athletic development principles whilst providing opportunities to develop a rounded athletic skillset and sports specific physical qualities.
4. Work with the Lead Strength and Conditioning Coach and Sports Coaches in building a strong culture of athletic development within Marlborough College and develop upon the framework of best practice.
5. Assist in educating sports coaches and teaching staff in athletic development principles and practices.
6. Provide match day support to major teams on Thursday/Saturdays.
7. Carry out appropriate monitoring and physical profiling of athletes to inform training prescription, set physical targets and provide information and feedback to athletes and coaches.
8. Work collaboratively with fellow staff and sports coaches, and communicate diligently with staff, teachers and the school as required regarding pupils' training and development.
9. Contribute to an effective athletic development structure, and engage actively in continuous personal development and the development of Marlborough College Sport.

#### **Outdoor Activities**

- Attend the annual Shell (year 9) OA residential week in Wales, assisting with all duties, as required.



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### Pastoral support

- Attend at least one weekly duty night in a boarding house, providing academic and pastoral support to allocated tutees.
- Support the Housemaster/mistress of the designated House through attendance and involvement with events such as parental visits, Prize Day and Confirmation.
- Support the work of a College Department, as allocated (eg administration, teaching support or preparation of materials).
- Assist with the smooth running of admissions events (eg prospective pupil assessment days) by meeting and greeting visitors, escorting pupils to scheduled sessions and similar.
- Following a full briefing on regulations and protocol, invigilate examinations.

### Social events

- Assist with the supervision of pupil social events on designated evenings.

### Additional responsibilities

- Undertake coaching courses, inset days and similar professional development as is required.
- Ensure understanding of and compliance with, College policies and procedures, particularly in respect of safeguarding and health & safety.

The above duties are illustrative and the post holder will be expected to undertake other tasks as may be reasonably allocated by the Deputy Head (Co-Curriculum) or her representative.

### **Person Specification**

#### Essential

The Strength and Conditioning Graduate Assistant will have:

1. A degree in Sports Science or a related discipline
2. Experience within the discipline of Strength and Conditioning.
3. Excellent knowledge of long-term development practices for young male and female athletes.
4. Understanding of integrating successful sports' performance programmes into a school's educational environment.
5. Outstanding communication skills in a variety of environments.
6. Well-developed administrative (excel, word, PowerPoint) and organisational skills.
7. High personal and professional standards, including recognition of the confidentiality issues impacting upon work in a school (eg access to sensitive pupil medical or family information).



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8. Awareness of safeguarding legislation and issues and full commitment to safeguarding practice.
9. Willing to live within the College community and a flexible approach to duties undertaken, including involvement in community life.

### Desirable

1. Coaching qualifications at or approaching UKSCA/CSCS minimum standards
2. Coaching experience in athletic development and working with children
3. Experience of working with children/young people in an academic or competitive environment.
4. Awareness of the nature of a boarding school education.

### The Strength and Conditioning GA will be:

1. Committed to developing and instilling excellence in young athletes.
2. Able to engage and motivate young people in athletic development practices and foster an enjoyment and understanding of athletic training.
3. Able to display and instil strong and inspiring leadership qualities.
4. Motivated and self-driven to develop themselves as an athletic development practitioner.
5. A strong team player, capable of integrating their own ideas with those in a broader organisational environment.
6. Capable of planning and delivering against identified goals.
7. A self-starter capable of creating new ideas and implementing them.

**Note:** the successful applicant will be required to complete an Enhanced Disclosure and Barring service check, provide references satisfactory to the College, and, evidence proof of right to live and work in the UK and qualifications gained.