

Job Title:	Academy Coach	Reporting to:	Senior Director
Organisation:	Pembrokeshire Weightlifting (known as Strength Academy Wales)	Key Interface:	SAW members. Parents of youth members. Members from community groups and Third Sector organisations involved with SAW programmes. Pembrokeshire Leisure, Sport Pembrokeshire and local sports clubs.
Salary:	£12,168.00 to £14,872.00 Dependant on experience up to £21,450.00 (pro-rata)	Working Hours:	26 Hours per week
Company Web Link:	https://www.strengthacademy.wales		

Job Description

Job Summary:

The Academy coach will play a vital role within the organisation encompassing a diverse range of tasks and responsibilities. Highly involved in the planning and delivery of a varied programme meeting the demands of the local community and inclusive of training sessions, fitness classes and group activities. Working closely with members to develop their health, fitness and wellbeing; sports conditioning and performance sport.

Role and Responsibilities:

- To be a positive role model and create a positive and fun environment in which to motivate members.
- Encourage a social environment.
- Effectively establish relationships with members, parents and families.
- Promote and safeguard the welfare of children and young people at all times.
- To be an active member of the team and operate in line with the values and principles of the organisation.
- Support the Senior Director to develop a comprehensive weekly timetable of activities.
- Plan, prepare and implement a well-structured and progressive programme of activities for various groups, classes, teams and individuals.
- Instruct and coach members. Lead group sessions.
- Enrol new members.
- Play an active role enhancing the organisations social media profile.
- Recruit, encourage and promote attendance of new members.
- Induct new members individually or through group activities or classes.
- Ensure members train safely with proper form and technique.
- Responsible for the maintenance of the gym equipment.
- Record and monitor daily safety checks.
- Keep the facility clean and tidy.
- Support the re-opening of temporary facility and of new facility.
- Assisting outreach events when required.
- Organise and lead satellite sessions when required.
- Assist in the support of and guide kick start positions.

Telephone: 01437 957949

Email: office@strengthacademy.wales / simon.roach@strengthacademy.wales

- Act at all times in accordance with Pembrokeshire Weightlifting's policies and procedures.
- Assist in the daily tasks of preparing the centre for opening, closing and for Coronavirus protocol, such as cleaning, administration, booking sessions and planning.
- Any other duties as would be expected as an instructor and coach

Support we can offer you:

- Training opportunities (formal and informal).
- Support and supervision meetings.
- Safe working environments.
- Elite sport insight of International level coaching, Weightlifting methodology and practise
- Exclusive PT opportunities at the SAW facility.

Personal Specification:

- Passionate about delivering high quality services
- Friendly, cheerful, positive and self-driven
- Self-motivated and enjoy working as part of a team
- A creative and innovative thinker

Minimum education, qualifications or experience:

- Level 2 gym instructor or equivalent
- Experience of working in the fitness or sports industry
- Advanced computer skills for Windows Office programmes
- Social media experience
- Enhanced DBS check and attendance of Safeguarding Time to Listen course

Desirable education, qualifications or experience:

- Strength and Conditioning / Sports coaching / Sport Science degree or similar
- Personal Trainer, GP referrals and wider leisure qualifications and experience
- Experience of working with people who are younger and more senior, disabled and those with learning needs
- Attendance of Disability Inclusion Training, Autism Awareness and Mental Health Awareness
- Attendance of Covid-19 Awareness course for Sports and leisure

Knowledge, skills and abilities:

- Good administrative skills
- An excellent organiser and coordinator with a keen eye for detail
- A high level of personal presentation and communication skills
- Good grasp of social media
- Ability to prioritise effectively and enjoy multi-tasking
- Confidence to engage directly with people and encourage and motivate them to participate in activities and events

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- A believer in strongly supportive environments, sharing and being open with colleagues

The post is subject to an enhanced DBS check and completion of the Safeguarding Time to Listen course

PEMBROKESHIRE WEIGHTLIFTING IS AN EQUAL OPPORTUNITIES EMPLOYER

Pembrokeshire Weightlifting is a recognised equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates regardless of age, disability, gender reassignment, marriage and civil partnership, sexual orientation, pregnancy and maternity, race, religion, belief and gender.

The successful candidate will be expected to adhere to the Pembrokeshire Weightlifting Code of Conduct and adopt the organisations values surrounding safeguarding and equality. The successful candidate will be required to work a mixture of mornings, days, evenings and weekends and may be required to travel as part of this role.

As Pembrokeshire Weightlifting develops and evolves, so may the duties and roles of the Academy Coach. Such changes will be discussed with staff prior to implementation.

******The above list is not regarded as exclusive or exhaustive, as there may be other duties and requirements commensurate with the post and grade of which the job holder may be required to perform from time to time.******