

Kickstart opportunity

Trainee Academy Coach

Supernumerary position at Pembrokeshire Weightlifting (known as Strength Academy Wales)

*Job Description*

**Reporting to:** Senior Director

**Key Interface:** Current and new members, local community groups and organisations associated with Pembrokeshire Weightlifting.

**Location:** Strength Academy Wales, Haverfordwest

**Hours of Employment:** 25 hours National Minimum Wage

**Job Summary:** Assist the lead volunteers and employed coaching staff to support members and new members to develop their health, fitness and wellbeing. To assist the growth of Weightlifting and other strength sports. To assist the conditioning of various athletes.

**Key Tasks:**

- Assist in the delivery of the Pembrokeshire Weightlifting's strategic plan
- Assist coaching a diverse range of members including
  - General strength training
  - Sport conditioning
  - Olympic Weightlifting
  - Powerlifting
  - Para Powerlifting
  - Special Olympic Powerlifting
  - Health and Fitness for various age groups and abilities
  - Personal training

- Effectively establish relationships with members, parents and families
- Assist in the creation of and development of training programmes
- Assist in the promotion of the club through social media
- Assist in the coaching at events
- Assist in the daily tasks of preparing the centre for opening, closing and for Coronavirus protocol, such as cleaning, administration, booking sessions, planning daily workouts etc)

**The successful candidate will have opportunities to work towards and gain experience, knowledge and skills in areas such as**

- Learning from National Governing Body, senior coaching staff
- Sports Conditioning
- Programming for sports people, competitive Weightlifters and Powerlifters; and for health, fitness and general strength training
- Elite level coaching
- Weightlifting training methodology and practice
- Coaching at events
- Social media
- IT
- Coaching all ages and all abilities
- Inclusive sport
- Key skills

**Person Specification:**

- The ability to work both independently and as part of a team
- Ability to effectively communicate and build relationships with a wide range of people and groups
- Excellent time management and organisational skills
- A willingness to learn and share ideas
- Demonstrate a thorough approach to work

- A 'can do' attitude; willingness to solve problems and find solutions
- Ability to build trust and confidence with others
- Self-disciplined, motivated and reliable
- The post is subject to an enhanced DBS check

The successful candidate will be expected to adhere to the Pembrokeshire Weightlifting Code of Conduct and adopt Pembrokeshire Weightlifting's values surrounding safeguarding and equality. The successful candidate will be required to work some evenings and weekends.

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