

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.
Salary:	Up to £25,350 per annum for 0.75 Full-Time Equivalent (FTE) Actual £19,048 to £20,280 per annum	Working Hours:	30 Hours per week
Company Web Link:	https://www.strengthacademy.wales		
Email:	office@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 and group coaching. 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.
- Effectively establish relationships with members, encouraging a social training environment.
- To be an active member of the team and operate in line with the values and principles of the organisation.
- Promote and safeguard the welfare of children and young people at all times.
- 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. Induct individually or through group sessions.
- Play an active role enhancing the organisations social media profile.
- 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.
- Assist at events when required.
- Assist in the daily tasks of preparing the centre for opening and closing, such as cleaning, administration, booking sessions and planning.
- Act at all times in accordance with Pembrokeshire Weightlifting's policies and procedures.
- 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, Powerlifting, Strength and Conditioning 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
- Social media experience
- Enhanced DBS check and attendance of Safeguarding course (Arranged by Strength Academy Wales if not in place)

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 coaching groups of various ages and abilities

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

The post is subject to an enhanced DBS check and completion of a Safeguarding course

PEMBROKESHIRE WEIGHTLIFTING IS AN EQUAL OPPORTUNITIES EMPLOYER

Pembrokehire 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 Pembrokehire 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 Pembrokehire 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.******