



Regional Strength & Conditioning Coach

North West Region – Cheshire, Lancashire and Isle of Man

England Golf is seeking applications for the position of a contracted strength and conditioning (S&C) coach for the North West Region. The role is based on 20 days of coaching. This means that the programme can be delivered according to the regional needs. Each regional squad will comprise of players chosen at assessment days and will generally be for players under 18 years of age.

How to apply

Please upload a **single document** containing your CV and covering letter by clicking the apply button.

The covering letter should detail specifically how you meet the requirements of all the **essential experience and knowledge** required for the role in no more than one page and should answer the following three points:

1. Your UKSCA accreditation status (or equivalent);
2. Location of your training facility within the region;
3. Your role in development systems in performance sport for at least three years.

Download the full role description to view the essential experience and knowledge information from our website (www.Englandgolf.org/jobs). Anyone interested in the role who would like more information, please contact Stephen Burnett, deputy performance director on 07805754962.

The Role:

To provide on-site support at agreed regional camps and ongoing support in line with an agreed work plan with the Regional Programme Management team. This should include individual situational assessment and programme design utilising a mix of 1-to-1, small group and squad sessions to most effectively impact the athletic development of the golfer.

'Online' support should be made available with respect to effective communication channels. There is also a strong requirement for the successful candidate to collaborate and support the philosophy, development and implementation of the ambition and strategy for athletic development of England Golf.

The Key Attendance Days:

There are certain events in the year which require your attendance in order for you to properly perform your role in relation to the regional squads. These are set out in the regional squads' diary, which will be provided to you.

England Golf Safeguarding and Protecting Children Requirements

This role has been identified as involving access to vulnerable adults and/or children and, in line with England Golf policy, persons undertaking this role will be required to undertake a Disclosure and Barring Service Disclosure Check and must also have attended a Safeguarding and Protecting Children course (SPC) or be willing to undertake one.

The closing date for applications is: **Friday 28 February 2025**

Interviews will take place on **Monday 10 March 2025, at Dunham Forest Golf Club**

It is envisaged a successful candidate will be identified within a few days of the interview date, allowing for a brief induction period.



Regional Strength & Conditioning (S&C) Coach Roles and Responsibilities

Responsible to:

Performance manager (men's golf) and performance manager (women's golf)

Works with:

To work with the regional coach and regional manager of each squad and centrally with the performance managers and the sports science & sports medicine (SS&SM) lead.

Main responsibility:

To provide on-site support at agreed regional camps and ongoing support to the development of the regional S&C programme.

Main Duties and Key Responsibilities:

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- Support and develop the regional performance environment;
 - Design and implement an optimal learning environment to impact on each player's performance needs;
 - Work within a multi-disciplinary programme;
 - Develop effective player-coach relationships;
 - Communicate with the SS&SM Lead on all aspects of player athletic development as players move through the pathway;
 - Support and drive a winning culture and strong work ethic;
 - Provide regular progress reports to the performance managers and SS&SM lead;
 - Actively engage with the England Golf coaches in your region to design the best delivery model for the athletes in your region as evidenced through an agreed work plan;
 - Provide the performance managers with a final and agreed delivery model for the forthcoming year on the last day of October annually;
 - Conduct annual reviews with your regional coaching team to ensure your regional model is delivering a world-class service;
 - Provide an annual programme which equates to a minimum of 20 days (eight hours = one day), consisting of 10 days for the girls' and 10 days for the boys' U18 programmes (joint sessions may be possible). Multiple sessions are required of squad based, small group or individual activity. These are broken down into full day, half day or two-hour sessions across the coaching year;
 - Contribute to and attend online CPD activities hosted by the regional S&C team;
 - Attend two CPD and programme development days annually (September);
 - Conduct two annual physical evaluations in line with England Golf standard protocols and feedback the results to the performance managers;
 - Provide feedback to athletes in the programme using the England Golf reporting document.

This is not an exhaustive list. Other activities may be required in order to provide a world-class service to the region.

Essential criteria, experience and knowledge:

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- Accredited S&C coach through the UKSCA (or equivalent e.g., NSCA/ASCA);
 - Access to a performance training facility within the North region;
 - Documented and referenced experience of at least three years' work in development systems in performance sport, preferably with experience in golf;
 - Significant commitment to personal and professional development, as evidenced by current and comprehensive CPD records and plans;
 - Significant knowledge of all areas influencing performance including nutrition and injury risk reduction;



- The ability to work with coaches and other specialists to produce appropriate plans and interventions for developing players;
- Able to connect with young people through appropriate personal communication skills;
- Can evidence and demonstrate the ability to support improvements in movement within a sporting action through appropriate physical preparation solutions.

The Key Attendance Days:

There are certain events in the year, which require your attendance in order for you to properly perform your role in relation to the regional squads.

Time Commitment

The role is based on 20 days of coaching. This means that the programme can be delivered according to the regional needs. Each regional squad will comprise players chosen at assessment days and will generally be for players under 18 years of age.