



Assistant Coach

Organisation	Central Beds Swim Squad (CBSS)
Job Type	Permanent (self employed)
Working Hours	8-12 per week, evenings, mornings, weekends
Location	Saxon Leisure Centre, Biggleswade, Flitwick Leisure Centre, Flitwick, Tiddenfoot Leisure Centre, Leighton Buzzard, Inspire Leisure Centre, Luton
Salary	Dependant on experience and qualification
Interviews	Week commencing 28 th August

About the Organistaion

Central Beds Swim Squad is a Swim 21 accredited elite swimming squad based in Central Bedfordshire. We aim to train swimmers to their highest potential and successfully compete at both Regional and National level. We are at the apex of a swimming pyramid with four feeder clubs, Biggleswade Swimming Club, Flitwick Dolphins Swimming Club, Leighton Buzzard Swimming Club and Linslade Crusaders Swimming club who develop swimmers to the point where they become eligible to move into Central Beds Swim Squad.

Role

Work closely with a highly qualified and experienced Head Coach to develop and lead a group of young people (11-18 years) in a training programme containing a series of pool and land based sessions to develop stroke technique, racing skills, speed, strength, power, core strength, flexibility, balance, co-ordination, agility, physical conditioning, joint stability and injury prevention.

Key Responsibilities

- Communicating and leading swimmers in the training programme by explaining and demonstrating the exercises
- Analyse and critique pool and land based exercises and activities
- Managing training sessions and activities to a strict time scale
- Monitoring and testing the swimmers in a range of physical abilities

- Attend competitions
- Administration duties

The Candidate

- Level 2 in Coaching or Teaching Swimming
- Sporting background with an understanding of training principles
- Qualification in Sport Science/Leisure/Physical activity (or a student of) is desirable
- A good understanding of long term athlete development
- Demonstrate a willingness to learn and further develop yourself. Be prepared to learn and embrace new coaching techniques and technologies to deliver a good learning experience for all your swimmers.

Contact

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