**JOB DESCRIPTION**

**POST TITLE BJA:** GB Strength and Conditioning Coach  
**DEPARTMENT:** Performance  
**REPORTS TO:** GB Lead Strength and Conditioning Coach  
**DIRECT REPORTS:** None  
**ROLE GRADE:** £24,000-26,000  
**LOCATION:** BJA Centre of Excellence, Walsall  
**Key Relationships:** Performance Director, Lead Strength & Conditioning Coach, Head of Performance Support, Performance Coaches, Sport Science and Medicine Team, Performance Pathway Manager, University of Wolverhampton Staff.

**SCOPE**

This role will contribute to the design, delivery and the development of strength and conditioning services for World Class Performance Programme (WCPP) athletes based at the British Judo Centre of Excellence, working as part of a multi-disciplinary team to deliver an integrated and collaborative approach to elite judo performance.

**ACCOUNTABILITIES**

- Uphold, advocate and ensure staff and athletes comply with the British Judo Association’s WCPP values and behaviours.
- Prepare WCPP athletes to tolerate the physical demands of elite judo training and competition.
- Deliver and maintain a safe training environment during strength & conditioning activities at the Centre of Excellence and ensure that all practices work within the scope of the facility Risk Assessment.
- Fully adhere to the British Judo Association’s Data protection policies.

**KEY OBJECTIVES**

- Work with the Lead Strength and Conditioning Coach, Performance Coaches, as well as other support staff to improve performance through designing, delivering and monitoring strength & conditioning programmes.
- Design and deliver strength & conditioning training to WCPP athletes to optimise individual athlete performance as directed and agreed with the Lead Strength & Conditioning Coach, the Performance Director and Performance Coaches.
- Ensure that the design, delivery and monitoring of strength & conditioning programmes is fully aligned to the Individual Athlete Plan (IAP).
- Plan, deliver and record physical monitoring and testing data aligned to the IAP and ensure information is effectively communicated as part of the Plan-Do-Review athlete management process (PDR).
- Attend PDR meetings and collaborate with the Performance Coaches and support staff to ensure strength & conditioning is delivered as part of an interdisciplinary and integrated training programme.
• Work with the Sports Science and Medicine team to profile WCPP athletes to inform injury reduction strategies.

• Design and deliver the strength & conditioning elements of bespoke athlete ‘Return to Performance’ programmes (rehabilitation and injury reduction) as directed and agreed with performance coaches and sports science and sports medicine staff.

• Maintain a comprehensive database of work conducted with performance coaches and athlete to monitor the impact of interventions and compliance with the key performance indicators of the WCPP.

• Support the Performance Pathway Manager by providing education and training for coaches and athletes in the Talent Development pathway to develop an understanding of strength and conditioning programmes.

• Engage fully with the BJA appraisal and review processes to identify training needs and a personalised CPD programme that will enhance own performance and effectiveness for the benefit of the WCPP.

• Where appropriate, attend, contribute to and provide reports at appropriate meetings associated with the WCPP to key stakeholders including, UKSport and Home Country NGB’s.

**ADDITIONAL INFORMATION**

• Support, promote and complete where necessary, any internal or external partner review process (e.g. BOA/BPA, UKAD or UK Sport).

• Work within the rules of professional confidentiality, liaise with athletes, primary care managers, parents, coaches and other support staff as appropriate within the rules of the UKSCA Code of Conduct, standards and guidelines and where appropriate, the EIS host agency

• The post holder must maintain an appropriate standard of confidentiality and comply with the BJA’s Company Rules, Policies and Procedures.

• Personal circumstances must allow the candidate to work extended hours on occasions during times of peak activity including evenings and weekends.

• The Job Description may be subject to change at the discretion of the British Judo Association and in accordance with business developments. Any changes will be communicated to & consulted with the post holder appropriately.

**LIMITS OF AUTHORITY**

Sign-off of Direct Report Expenses

Other Expenditure

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