



NATIONAL PERFORMANCE PATHWAY STRENGTH & CONDITIONING COACH

Responsible to	Lead Strength and Conditioning coach
Location	National Tennis Centre, 100 Priory Lane, Roehampton, London SW15 5JQ. Requirement for International Travel
Salary	Circa £40,000 plus bonus and excellent benefits

About the LTA

The LTA is the National Governing Body of tennis for Great Britain. We are here to govern and grow tennis, from grassroots participation through to the professional game. Our vision for the sport is **Tennis Opened Up**. We're working towards a future where tennis is truly a sport for all. All ages, all backgrounds, all levels of fitness. Anyone can pick up a racket and everyone can be a part of the tennis family. Our mission is to grow tennis by making it relevant, accessible, welcoming and enjoyable.

We play an important part in ensuring the popularity and future of our sport. We're here because we're passionate about tennis; and we want to spread that passion across the nation.

About the role

This role presents an exciting opportunity to deliver and develop work within the LTA National Performance Pathway (players aged circa 11-18) working with and alongside a variety of groups including players, coaches, parents, Regional Player Development Centres (RPDC) and National academies (NA). Working as part of a large inter-disciplinary Science and Medicine Team you will be responsible for the development, review and when required delivery of a world-class programme of support.

You will have experience working as part of an inter-disciplinary team delivering S+C in High Performance Sport and a proven ability to develop young players and communicate effectively with players, parents and coaches. Due to the nature and scope of the role you will have required experience in leading teams, coach education, delivery to 11 – 18 year old athletes and the ability to truly work alongside and in partnership with others.

Key Accountabilities

Delivery: Highest levels of support, advice and athletic development for performance pathway players

- Work as part of an inter-disciplinary team developing Britains best junior tennis players into the most resilient and well-prepared athletic tennis players in the world.
- In partnership with coaches, players and parents develop and oversee individualised long term athlete development programmes for Performance Pathway players
- Deliver S+C training and co – ordinate sport science support to players on the Performance Pathway training camps at the National Tennis Centre (NTC) and overseas.
- Work with the Head of the Performance pathway and LTA Head of Sports Science and Medicine to co – ordinate the Sports Science support within the National Performance Pathway

- As part of the National Pathway team work alongside RPDC and NA staff to continue to develop the strategic outcome of having an oversupply of layers at every age and stage
- Contribute to the development of world-class physical assessment and monitoring techniques and policies to guide selection decision-making and track player progress through the Performance Pathway with the aim of ensuring an oversupply of players who meet the physical criteria for selection onto the Pro Scholarship Programme
- As part of the National Pathway team work alongside RPDC and NA staff to continue to develop the strategic outcome of having an oversupply of layers at every age and stage
- Support the S+C team in the delivery of S+C to additional players on the performance programme as needed

Education: Impact and influence with players, parents, coaches and practitioners

- Play a key role in the development of an inter-disciplinary, scalable education programme to empower young British players with unrivalled levels of understanding and autonomy
- Design and deliver impactful education sessions to players, parents, coaches and practitioners
- Demonstrate outstanding communication skills with all stakeholders

This job specification is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in light of the changing needs of the organisation.

Person Specification

Previous Experience of:

Recent experience working within Elite sports Performance environments	Essential
Experience in the design, implementation and monitoring of Programmes for junior athletes	Essential
Experience working in close collaboration with a variety of stakeholders and a number of Teams or Individual athletes concurrently	Essential
Experience of tennis / racket based sports	Desirable
Experience and expertise in collected and utilising Growth and maturation information to inform and impact day to day training and long term athlete development	Desirable
Experience leading and developing teams	Desirable
Experience in developing and delivering inspiring and impactful coach development that positively impacts day to day training and long term athlete development	Desirable
Experience coaching / mentoring both JNR and SNR coaches	Desirable

Knowledge, Training & Qualifications:

MSc in S+C or a related field with UKSCA accreditation / equivalent (or working towards)	Essential
Satisfactory Barred DBS check	Essential
Strong interpersonal and communication skills, ability to work well in teams both in delivery and also education	Essential
Strong planning and organisational skills, ability to prioritise and meet timescales under pressure	Essential
Strong IT and presentation skills	Essential

Personal Attributes:

<i>Teamwork</i>	<ul style="list-style-type: none">• Use appropriate interpersonal styles to influence others and gain buy-in• Work effectively as a team leader, a team member and an individual• Adapt own behaviour to accommodate tasks, situations, and individuals involved• Communicate in a clear and compelling manner – adapting style to meet needs of the audience
<i>Integrity</i>	<ul style="list-style-type: none">• Implement a strategic outlook, with excellent problem solving and decision-making skills• Utilise data to identifying key issues to achieving a long-range goal or vision• Commit to a course of action to accomplish a long-range goal after developing alternatives
<i>Passion</i>	<ul style="list-style-type: none">• Set challenging goals, using measurement methods to monitor progress toward goal attainment• Work tenaciously to meet or exceed goals and implementing continuous improvement methods• Think creatively and with confidence to see things through to implementation and completion• Maintain a positive attitude in the face of difficult or challenging situations
<i>Excellence</i>	<ul style="list-style-type: none">• Utilise planning and organisational skills to prioritise and meet timescales• Seek opportunities for different and innovative approaches to addressing challenges• Undertake appropriate professional development to keep abreast of world's best practice

**Please note, the closing date for applications is Sunday 27th September 2020.
Interviews are expected to be held during the week commencing 5th October 2020.**