

# SENIOR STRENGTH AND CONDITIONING COACH

**Full Time and Permanent**

**Salary – £35,000 - £40,000 per annum (salary dependent on skills and experience)**

**The normal place of work will be Manchester Performance Centre**

*Aquatics GB operates an Agile Working Policy allowing some flexibility to work from the office/centre and from home*

## **CONTEXT:**

An excellent opportunity to join one of the most successful National Governing Bodies in the UK Sport High Performance System has arisen.

Aquatics GB oversees Aquatics sports in Great Britain - Swimming, Para-Swimming, Diving, Artistic Swimming and Water Polo. Our aquatic disciplines provide training environments in a number of Performance Centres across the UK for permanent athlete groups as well as acting as 'performance hubs' for national programme-wide activity for World Class Programme athletes.

A recent change has seen the Sports Science Sports Medicine Practitioner Team adopt a cross-aquatic remit, which reinforces the aquatic integration. You will be responsible for helping to provide an unparalleled level of support out of our Manchester Performance Centre to our athletes daily training environment for both Paralympic and Olympic swimmers, the role also spans all aquatic disciplines through regional network responsibilities.

## **SUMMARY**

The successful candidate will craft and execute comprehensive strength and conditioning programmes, both within the Manchester Performance Centre and across our decentralised network, with the primary objectives being to enhance swim performance and mitigate injury risks. Additionally, active involvement in Individual Athlete Planning processes and directed projects by the Head of Physical Performance and Para-Swimming Sports Science Sports Medicine Lead is expected. This role is an integral part of a collaborative Multi-Disciplinary Team, emphasizing teamwork and cooperation to effectively deliver on the World Class Programme's objectives.

In addition, this position will play an important role in coach education across the network raising understanding of the benefits and impact that effective Strength and Conditioning provision can have on swimming performance. There will be an expectation that the post holder contributes to wider sports science tasks as identified by the Head of Physical Performance and Para-Swimming Sports Science Sports Medicine Lead.

We are looking for an enthusiastic and hardworking individual with a passion for working in high performance teams. Successful candidates will show the ability to work collaboratively, display critical thinking and problem-solving skills and have the ability to work flexibly and a willingness to frequently travel. Post-holders will be expected to have excellent organisational skills and work well both independently and as part of a team. Candidates must demonstrate suitability to be role models for the high-performance culture and behaviours expected in the environment.

If you feel that you have the skills and attributes for this role, then we would like to hear from you.

Please send via email/WeTransfer (free large file sending platform) a video recording of no more than 5 minutes responding to the following two questions:

- What inspired you to apply for this role?
- What core values guide your Strength and Conditioning philosophy in a high-performance environment, and how do you apply them in your coaching?

Or send via email a completed application form (written) to [peopledepartment@aquaticsgb.com](mailto:peopledepartment@aquaticsgb.com). A pack can be downloaded from our website <https://www.aquaticsgb.com>

Please note, Aquatics GB operates an anonymous recruitment process for written applications.

Closing date: Friday 16<sup>th</sup> January 2026 at 12.00 noon

Interview date: Wednesday 28<sup>th</sup> or Thursday 29<sup>th</sup> January 2026 in Manchester

*At Aquatics GB, we are committed to creating an inclusive environment where everyone feels able to be themselves, contribute fully and reach their potential. We believe our sport and our organisation are stronger when they reflect the diversity of the communities we serve.*

*We want to attract, develop and retain people with a wide range of experiences, perspectives and backgrounds. In particular, those who are currently underrepresented in our sport and workforce, including disabled people and people from ethnically diverse backgrounds. Diversity of people and ideas is vital to driving excellence in everything we do.*

*Diversity, equity and inclusion are central to life at Aquatics GB. We celebrate difference, value fairness and strive to create a supportive and respectful culture where everyone feels welcomed, included and safe. To reduce bias in our recruitment process, we use anonymised applications at the initial shortlisting stage.*

*As part of our commitment to positive action, Aquatics GB offers a guaranteed interview scheme for candidates who identify as disabled or from an ethnically diverse background, provided they meet the essential criteria for the role. We are also a Disability Confident Employer and will make reasonable adjustments to support you throughout the recruitment process.*

