



# ROYAL BALLET

## **JOB DESCRIPTION**

**Title:** **Lead Strength and Conditioning Coach**

**Reports to:** **Clinical Director, Ballet Healthcare**

**Direct reports:** **None**

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### **Role summary:**

The Royal Ballet are recruiting a personable, experienced, and highly skilled strength and conditioning (S&C) coach to lead the provision of S&C within The Royal Ballet. This is a full-time position situated at the Royal Opera House, London. The successful applicant will be responsible for implementing the Physical Performance Strategy alongside the planning, delivery and evaluation of world-class S&C support to the dancers of The Royal Ballet. The S&C support is a blend of performance and rehabilitation, and, thus, an excellent understanding of how to work with healthy and injured athletes or dancers is critical. Further, with S&C a relatively new discipline in the dance sphere, key stakeholder management across healthcare, artistic, dancers, and administrators is vital. The successful applicant will be an exceptional communicator and have the ability to demonstrate value and gain buy-in from all relevant stakeholders.

### **Main Duties and Responsibilities**

- Work collaboratively with the Clinical Lead and Clinical Director to optimise the delivery of performance and rehabilitation services within Ballet Healthcare
- Oversee the implementation of the Physical Performance Strategy and engage all stakeholders along the way
- Deliver a world-class physical performance and rehabilitation service to the dancers of The Royal Ballet including but not limited to education, recovery, planning, programming, testing, monitoring, and coaching
- Work closely with a diverse range of practitioners across artistic management, healthcare, and administrators to deliver against the vision and mission of Ballet Healthcare
- Manage and develop the in-house data management system to ensure all relevant stakeholders can input, visualise, and act on relevant data
- Work with the Research Lead to support and lead on key research projects within Ballet Healthcare

## **PERSON SPECIFICATION**

### ***Qualifications***

- An undergraduate degree (minimum upper second class) in strength and conditioning or a similar subject
- MSc (or higher) in Strength and Conditioning, Sports Rehabilitation, or a similar subject
- Hold professional accreditation with the UKSCA
- Hold professional accreditation with BASES or the ability to obtain within 12 months
- First aid certification or ability to obtain within 6 months

### ***Performance environment specific experience***

- Have at least 5 years S&C coaching experience in professional sport or dance in both a performance and rehabilitation context
- Proven experience in leading highly skilled practitioners across a range of disciplines in both performance and rehabilitation contexts
- Worked as part of a multi-disciplinary science and medicine support team
- Extensive experience with Excel and/or data management systems
- Experience using R studio
- Experience navigating complex datasets to inform interventions
- Experience designing and delivering educational events to suit various levels of knowledge and education
- Extensive experience implementing strategic objectives/projects within a professional sport or dance environment
- Have worked with technical coaches to demonstrate the value of S&C and gain buy-in
- Experience creating a needs analysis of a sport or dance and subsequent gap analysis of athletes or dancers
- Have led or supported research projects related to performance or rehabilitation questions

### ***Technical Skills***

- You will have exceptional knowledge of S&C principles including planning and programming, adaptation, training techniques, technical coaching and behaviours, testing and monitoring, and equipment and facilities
- You will be able to work effectively as a member of a team, effect change where necessary and establish and maintain good relationships with colleagues
- You will possess a high level of communication, interpersonal, and presentation skills
- You will have a strong understanding of other disciplines such as physiotherapy, pilates, soft tissue therapy, nutrition, psychology, biomechanics, and physiology, and how they relate to the strength and conditioning of a classical ballet dancer
- You will have a strong understanding of research methods and how this is applied and relevant within a high-performance environment
- You will have a strong understanding of technology within sports science and medicine and how this can be leveraged within a high-performance environment

### ***Person specifications***

- Enthusiastic and passionate about learning within the environment and the value you can add
- Understand and engage in shared decision-making in a high-performance environment
- Approach problems with an open mind and determination to find an appropriate solution including adaptable behaviour styles and technical programming
- Dependable and punctual

- Excellent teamwork and strong moral and ethical values
- Have high regard for health and safety
- A commitment to continual professional development and developing others
- A high level of professionalism and integrity

### **Safeguarding Duties and Responsibilities**

The Royal Opera House is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. The following duties are expected of all staff:

- Proactively ensuring the effective implementation of Child Protection and other related policies.
- Ensuring full compliance with all relevant statutory regulations such as ISI and NMS as well as all school policies, Health & Safety regulations and enhanced DBS etc.
- Communicating effectively with all relevant stakeholders including colleagues, students, parents and outside agencies as appropriate.

