



JOB DESCRIPTION

Title:	Strength and Conditioning Coach - LOCUM
Reports to:	Clinical Director, Ballet Healthcare
Direct reports:	None
Pay Rate:	£30.00 per hour
Hours:	37.5 hours per week, 9.30-5pm Monday to Friday
Term:	3 months LOCUM with ability to extend

Role summary:

The Royal Ballet are recruiting a personable, experienced, and highly skilled strength and conditioning (S&C) coach that can contribute to the provision of S&C within The Royal Ballet for a three month period. This role will be situated within the Ballet Healthcare department at the Royal Opera House, London. The successful applicant will be responsible for delivery of world-class S&C support to the dancers of The Royal Ballet that 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. The successful applicant will be proactive, keen, enthusiastic and a team player.

Main Duties and Responsibilities

- Work collaboratively with the team and Clinical Director to optimise the delivery of performance and rehabilitation services within Ballet Healthcare
- Deliver a world-class physical performance and rehabilitation service to the dancers of The Royal Ballet including but not limited to education programming, testing, recovery, planning, 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
- Work with an athlete management system and department sharedrive for all technical and desk based work.

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

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
- Worked as part of a multi-disciplinary science and medicine support team
- Experience with Excel and/or data management systems
- Experience navigating complex datasets to inform interventions
- Have worked with technical coaches to demonstrate the value of S&C and gain buy-in
- Can be a key contributor to athlete management discussions and rehab meetings

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 specification

- 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.