



## **JOB DESCRIPTION**

**Title:** Strength and Conditioning Coach

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

### **Role summary:**

The Royal Ballet are recruiting a personable, experienced, and skilled strength and conditioning (S&C) coach to deliver S&C services within The Royal Ballet. This is a full-time position situated 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. The S&C support is a blend of performance and rehabilitation, therefore, an excellent understanding of how to work with healthy and injured athletes or dancers is critical skill base. The successful applicant will be proactive, keen, enthusiastic and a team player

### **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
- 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
- Effectively work with all in-house data management systems to ensure efficient delivery of their work
- Work with the Research Lead to support and lead on key research projects within Ballet Healthcare

### **Qualifications**

- An undergraduate degree in strength and conditioning or a similar subject, or equivalent practical experience/qualifications
- MSc (or higher) in Strength and Conditioning, Sports Rehabilitation, or a similar subject or equivalent practical experience/qualifications is desirable
- Hold professional accreditation with the UKSCA
- First aid certification or ability to obtain within 6 months

### **Performance environment specific experience**

- Significant S&C coaching experience in professional sport or dance in both a performance and rehabilitation context
- Proven experience in working with 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
- Experience with Excel and/or data management systems
- Experience navigating complex datasets to inform interventions
- Experience designing and delivering educational to suit various levels of knowledge
- 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***

- Exceptional knowledge of S&C principles including planning and programming, adaptation, training techniques, technical coaching and behaviours, testing and monitoring, and equipment and facilities
- Able to work effectively as a member of a team, effect change where necessary and establish and maintain good relationships with colleagues
- Possess a high level of communication, interpersonal, and presentation skills
- 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
- Strong understanding of research methods and how this is applied and relevant within a high-performance environment
- 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
- 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.

*This Job Description reflects the current situation. It does not preclude change or development that might be required in the future.*

