

Job Description

Swim Ireland Strength & Conditioning Practitioner (Part-Time)

RESPONSIBLE TO: Assistant Head Coach of National Centre (Dublin)

LOCATION: Sport Ireland Campus in Dublin, including the Swim Ireland Head Office in Sport HQ, the Sport Ireland Institute (SII), the National Aquatic Centre (NAC) and the National Indoor Arena (NIA). Occasionally, any other location at which it is necessary for Swim Ireland Performance delivery to take place, including locations both within and outside of Ireland, as directed by the National Performance Director

STRATEGIC LINKS: Head of Sports Science & Sports Medicine
Head Coach of National Centre (Dublin)
Head of Performance Pathways & Operations
Performance Manager

The Strength & Conditioning Practitioner will contribute to the achievement of Swim Ireland's Performance aims, objectives and targets through the following:

KEY RESPONSIBILITIES:

1. Coaching and Programme Support

- a. Under the supervision of the Assistant Head Coach of National Centre (Dublin) deliver an effective programme of athletic development for the Development Pathway Squad within the National Centre which complements the swimming programme and aligns with the philosophy of physical preparation within Swim Ireland
- b. Support the progress of appropriately eligible Development Pathway Squad athletes through to the National Centre (Dublin) programme
- c. Deliver in-competition Strength & Conditioning support at identified domestic meets
- d. Support the Assistant Head Coach of National Centre (Dublin) in the delivery of the Strength & Conditioning programme for National Centre (Dublin) by providing coaching assistance, in session data collection, domestic in-competition support and session cover during periods of leave and overseas travel
- e. In the case of any coaching absence (illness, holiday or professional duties away from the programme) ensure that adequate coaching cover is in place
- f. Prepare in advance and distribute Strength & Conditioning coaching sessions/schedules for Development Pathway Squad athletes when not present and/or when required by the Assistant Head Coach of National Centre (Dublin)
- g. Maintain a log of all Strength & Conditioning coaching sessions written and undertaken
- h. Conduct athlete tests and the submission of such results and/or the submission any information/report writing as required for members of the Development Pathway Squad
- i. Work in harmony with all other service providers to ensure a properly function multidisciplinary programme of support for members of the Development Pathway Squad
- j. Support colleagues who have a lead role in the organisation, promotion and development of a coach, parent and/or athlete education programme through National Centre based clinics, seminars, workshops and camps, in association with the Performance Manager

2. General Sport Science Support

- a. Support the Assistant Head Coach of National Centre (Dublin) and Head of SSSM in the development and maintenance of relevant databases which provide insight into athlete capabilities and standards as well as international trends and performance insights
- b. Support all Swim Ireland Performance staff in the completion of relevant physical and physiological profiling sessions

3. National Team (Swimming & Open Water Swimming)

- a. Operate as the Physical Preparation Coach at international swimming meets/camps on the Swim Ireland Performance calendar where the need is identified by the Assistant Head Coach of National Centre (Dublin)

4. National Programme (Swimming & Open Water Swimming)

- a. In association with the Assistant Head Coach of National Centre (Dublin) and Head of SSSM, plan and prepare for National Programme camps and team activities

5. Professional Development & Networking

- a. Engage in on-going and extensive development of Strength & Conditioning coaching skills and scientific knowledge. This should take the form of reflective practice, written reports, presentations and attendance at sessions across the Irish National Centre system to achieve a broad perspective on the challenges and opportunities that shape a modern Performance Strength & Conditioning programme
- b. Attend identified conferences/workshops either online or in person
- c. Maintain/attain a recognised United Kingdom Strength & Conditioning Association (UKSCA) and/or National Strength & Conditioning Association (NSCA) coaching qualification/accreditation (or international equivalent)
- d. Proactively engage with practitioners in other sports and across the Sport Ireland Campus to enhance personal learning and development
- e. Support the organisation in the promotion, delivery and development of a swimming specific SSSM education programme for athletes, parents/families, coaches and/or National Centre/Centre support staff under the direction of the Assistant Head Coach of National Centre (Dublin)/Head of SSSM

9. Miscellaneous

- a. Work harmoniously with staff members of the Sport Ireland Campus, the NAC, the Sport Ireland Institute and the Sport Northern Ireland Sports Institute and support in the management of these key relationships
- b. Attend all necessary Swim Ireland meetings as requested by the National Performance Director
- c. Report information to the National Performance Director as requested from time to time
- d. Work cooperatively with Swim Ireland staff, primary partners and sponsors to support marketing and promotional activities and media requirements
- e. Any other reasonable duties as required by the Assistant Head Coach of National Centre (Dublin)/Head of SSSM

This job description is not to be regarded as exclusive or exhaustive; it is to be seen as enabling rather than restrictive and will be subject to regular review. It is intended as an outline indication of the areas of activity and will be amended in light of the changing needs of the Performance Programme and/or Swim Ireland

November 2024