

## Job Description

<b>Job Title:</b>	Strength & Conditioning Coach
<b>Department:</b>	Medical
<b>Reports to:</b>	Medical Director
<b>Responsible for:</b>	Providing professional expertise in strength & conditioning for ENB dancers (and others, as directed)
<b>Liaises with:</b>	Artistic department and others across the business, as required

---

### BACKGROUND AND CONTEXT

English National Ballet (ENB) exists to take world-class ballet to as many people as possible - delighting them with the traditional and inspiring them with the new. ENB's artistic output, reputation and ambition is growing rapidly and we have just moved (and will be joined by ENB School in the Autumn), to a new purpose-built home on London City Island, Canning Town; the cultural anchor of a new community.

ENB's £36m investment has helped to create an inclusive, world-class dance hub with collaboration and learning at the core. State-of-the-art rehabilitation and fitness facilities include a hydrotherapy pool, gym and Pilates studio which provide the physical space we need to achieve our vision to be the country's most creative, diverse and exciting ballet company.

### PURPOSE OF THE ROLE

The role will deliver best practice Strength and Conditioning (S&C) services to English National Ballet Dancers, and others as directed by the Medical Director.

### KEY RESPONSIBILITIES

As an experienced S&C Coach, you will be responsible for:

- Supporting the planning and development of high-quality S&C services for ENB Dancers and other partner groups/individuals.
- Designing, delivering and reviewing bespoke programmes to assist dancers to prepare physically and mentally to achieve optimum performance, strength and agility.
- To work as part of the rest of ENB staff to improve performance and reduce the risk of injury.
- Contributing to improving health, wellbeing and education amongst Dancers.
- Keeping abreast of good practice, knowledge and research in strength and conditioning.
- Using technical performance equipment to aid S&C performance and rehabilitation.
- Production and analysis of reports on programming, dancers load and other associated fields.

### PERSON SPECIFICATION

### **Experience and Knowledge**

- Sustained S&C experience within a similar organisation
- Experience of planning and delivering S&C programmes for dancers/ elite athletes
- Experience of delivering rehabilitation programmes
- Experience of data collection and analysis
- Experience working within a multidisciplinary team
- Research driven knowledge to improve S&C practise and delivery

### **Skills and Abilities**

- Clear, confident and conciliatory communicator
- Motivational and excellent relationship building skills
- Ability to multitask and work well under pressure
- Solution focussed aptitude and approach
- Effective in using data management systems and the general suite of Microsoft Office Programmes (Outlook, Word and Excel)

### **Qualifications and Accreditations**

- Sports Science or Strength & Conditioning Degree (or similar)
- Professional accreditation with UK Strength and Conditioning Association (UKSCA)
- First Aid Trained
- Post graduate qualification e.g. S&C / Biomechanics / data analytics (desirable)

**This job description is a guide to the nature of the work required of the prospective employee and does not form part of the contract of employment. It is neither wholly comprehensive nor restrictive and therefore does not preclude change or development that will inevitably be required in the future.**