

Job Description - Physical Preparation Coach
Geneva international challenge 2026
22nd – 26th January

Role and Expectation Outline

TITLE: Regional Physical Preparation Coach

REPORTS TO: Regional Head Coach

RENUMERATION: £400 plus expenses

DURATION: 22nd – 26th January

PURPOSE

The overall purpose of the Regional Physical Preparation Coach is to:

- Deliver all camp physical preparation activity under the guidance of the head coach
- Work with the wider coaching team to ensure effective athlete preparation with consideration of the agreed event timelines
- Communicate effectively with athletes, camp staff, the regional organisation and parents where required
- Deliver all duties in accordance with the programme objectives and briefings
- Exhibit Aquatics GB and Swim England coaching principles; collaboration, evidence based, athlete centred whilst focusing on continuous coach development, inclusivity, and the pursuit of marginal gains.

KEY RESPONSIBILITIES

Prior to programme delivery

- Liaise with the head coach to ensure you have an understanding of the aims and objectives of the camp/competition
- Ensure you have a clear understanding of your role during the duration of the camp
- Communicate with all camp staff and the regional team to have the relevant athlete information in advance of the camp to assist with your planning
- Complete all pre camp administration as requested in a timely manner

During programme delivery

- Plan and deliver all physical preparation sessions throughout the camp, differentiating as required to ensure an athlete centred approach
- Communicate effectively with all swimmers and staff
- Conduct effective pre and post-race physical preparation and recovery alongside group coaches
- Motivate and enthuse swimmers and staff during the programme

- Support the team managers with the pastoral care of the athletes as required

Following programme Delivery

- Reflect on camp delivery and contribute into the coach/swimmer reports
- Engage with the debrief discussion led by the Head Coach

PERSON SPECIFICATION

- Must hold a recognised and appropriate strength and conditioning qualification, this will be ratified by Swim England sports science staff
- Must have experience of working in aquatics with both youth and senior international level swimmers.
- Currently working in a club affiliated to the South East region
- Must hold a valid Swim England DBS and safeguarding certificate
- Committed to ongoing learning
- Has demonstrated engagement with the Swim England Pathway
- The ability to set priorities and work flexibly to meet outcomes required in a dynamic environment
- Good planning, interpersonal and communication skills
- High levels of motivation and dedication
- A team player with the ability to:
 - Ability to evaluate and provide feedback to athlete and staff
 - Tact and diplomacy in all interpersonal relationships
 - Self-disciplined with a commitment to continuous service improvement
 - Ability to think for yourself and use own initiative.