

# exportise

SUMMER SCHOOLS

Recruitment Guidance

# STRENGTH & CONDITIONING COACH



**JOIN  
TEAM  
ORANGE**

# TEAM ORANGE

For 35+ years, we've been pioneers in our field, not defined by size but by excellence. Our philosophy goes beyond traditional Vision and Values; we immerse ourselves in the unique "**Team Orange experience**," the heart of our summer school magic.

Our **mission** is crystal clear—to provide an unforgettable learning experience. **We're a family that cares passionately, supports, challenges, and grows together.** At our core lies sports, the Orange Magic that moulds our summer school, imparting life skills alongside the English language.

Our motto is: "**Tell me and I forget. Teach me and I remember. Involve me and I learn.**"

Our **aim** is to ensure that all students leave us with **improved language proficiency and confidence, motivation to participate in their Specialist Academy, with friendships and memories that will last a lifetime.** As well as providing English tuition, we help our students to discover their **True Me.** This enables them to gain the learning skills, insight and self-motivation that will help them get ready for their future, adult life.

**Team Orange Members** are carefully selected for their passion, enthusiasm, and dedication. We are immensely proud that a **large majority of our team returns year after year, while new additions are often former students or friends & family** of existing members. Together, they contribute to the vibrant atmosphere. Being on Team Orange is a responsibility we all take very seriously, as **we collectively uphold the standards** that make us fiercely proud of the way we operate and of the powerful summer school experience and memories we create for - and with - our students.



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# 2024 KEY INFORMATION: STRENGTH & CONDITIONING COACH

## KEY JOB PURPOSE

To introduce a holistic strength and conditioning program with focus on enhancing athletic performance, injury prevention, and the cultivation of lifelong fitness and movement skills.

## REPORTING TO

Welfare Manager  
Centre Manager

## SALARY

£645 per week  
(including holiday pay)

## LOCATIONS

- Clayesmore School
- Oundle School
- Seaford College
- Teikyo School
- Worth School

## WORKING HOURS

Typically 8:45- 18:15 per day Mon-Fri. Weekend hours vary. Additional early morning sessions based on demand

## TIME OFF

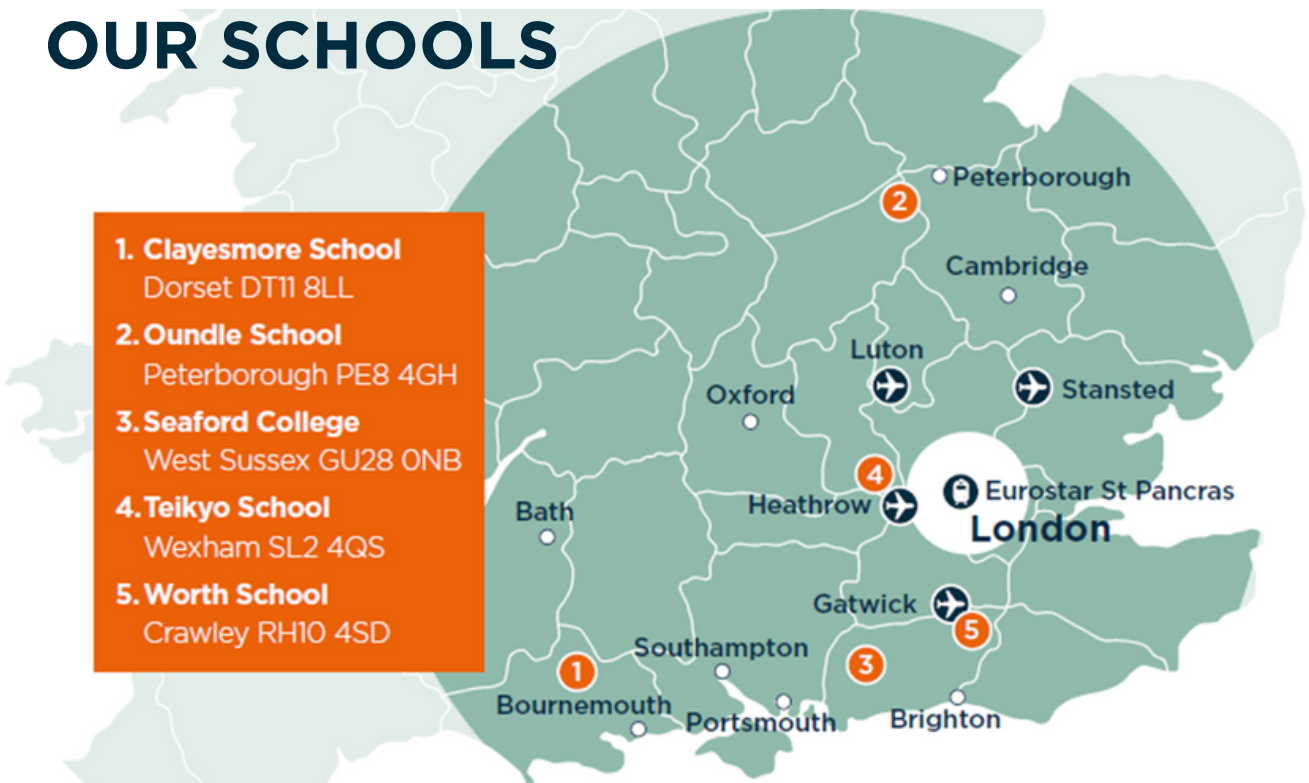
Minimum one full 24 hour period, usually Saturday or Sunday

## SAFEGUARDING

Exsportise is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment, whether on or off duty. All staff are subject to a Disclosure and Barring Service (DBS) check.

## OUR SCHOOLS

- 1. Clayesmore School**  
Dorset DT11 8LL
- 2. Oundle School**  
Peterborough PE8 4GH
- 3. Seaford College**  
West Sussex GU28 0NB
- 4. Teikyo School**  
Wexham SL2 4QS
- 5. Worth School**  
Crawley RH10 4SD



# OVERVIEW

The primary responsibility of the Strength and Conditioning Coach is to create and sustain a comprehensive strength and conditioning program for all Specialist Academies, with a focus on enhancing athletic performance, minimising the risk of injuries, and instilling lifelong fitness and movement skills. This involves designing and instructing training sessions that adhere to scientifically sound principles and demonstrate a positive and safe learning environment.

All staff are responsible for ensuring the efficient operation of the centre. Our top priority is the safety of children and maintaining the highest standards. We require staff members to exhibit high personal standards and to be friendly, positive, and approachable while maintaining a professional and calm demeanour. Staff should be adept at handling sensitive situations, adhering to confidentiality and data protection guidelines, serving as good role models, maintaining professional boundaries and contributing to a positive summer school environment.

## ACCOUNTABILITIES

- To design and deliver strength training and conditioning principles to meet three main goals: improving athletic performance, reducing injuries, and, most importantly, teaching lifelong fitness and movement skills
- To run daily strength and condition sessions covering all Specialist Academies. Sessions should include: Functional Movement Screening (FMS) & Games, SAQ, Core Strength and Recovery.
- To facilitate additional early morning wake-up sessions (run/stretching/foam/yoga, etc) for anyone interested.
- To work closely with Head Coaches for any player-specific needs
- To ensure all required equipment is ordered (within reason), kept in good condition, and stored safely after each session and end-of-summer inventory is created.
- To assist with looking after all Exsportise students, their well-being and happiness throughout their stay at camp.
- To supervise students on weekend excursions and assist with student arrivals and departures at airports/Eurostar station.

- To carry out mealtime supervision, wake-up and bed time duties on a rota basis
- To support the Administrators and Events Managers with administrative duties as well as evening events preparations if required

## **ADDITIONAL DUTIES**

- To be an active presence in the boarding houses outside of timetabled sessions (e.g. coaching sessions/ lessons/ evening events).
- Together with all staff to monitor meal times to ensure students are in attendance, are eating well and are integrating well with other students.
- To attend daily staff meetings
- To follow guidelines as outlined in the Staff Handbook and as explained by the Centre Manager.
- To carry out any other reasonable duties

## **PERSONAL SPECIFICATIONS**

- BSc Sports Science / S&C / Kinesiology or equivalent
- A strong working knowledge and teaching skills in analysis and techniques of strength training
- Experience and/or expertise in strength and conditioning programming
- Strong motivational abilities, enthusiastic and friendly
- Team working skills
- Responsible nature and able to set high standards
- Good communication skills with people of all levels as well as interpersonal skills
- Flexible and adaptable approach to working hours
- Professionalism: being of smart appearance appropriate to the role and using appropriate language
- Experience in working with children is preferred but not essential



# WORKING CONDITIONS

- You are entitled to one 24-hour period off per week, usually during the week.
- You will be asked to sign the 48-hour working week opt-out agreement.
- Due to the nature of the weekend activities (transfers and excursions), the working hours on Saturdays and Sundays are longer than during the week.
- You will be provided on-site accommodation, usually in single rooms with shared bathroom facilities.
- 3 buffet-style meals are provided by the schools' catering departments, and, by prior arrangement, most special dietary requirements can be catered for.
- As part of the onboarding process, you will be asked to attend an online meeting prior to the start of our courses.

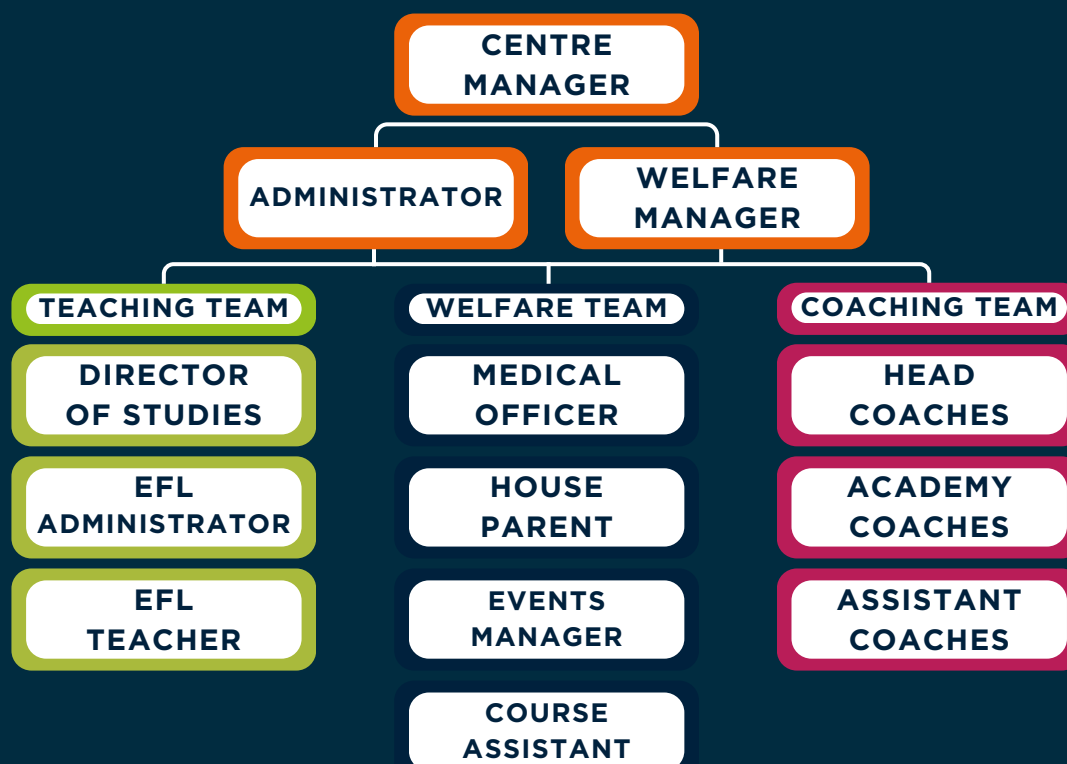
## EARN, LEARN, GROW



**£645 per week**  
(£575 + 12.07% holiday pay)

- Full board accommodation is provided (worth £69.93 per week)
- Two-day in-person induction, paid pro rata (incl. First Aid training)
- Grow in a personal and professional capacity
- Gain experience working with international students
- Work with and learn from top coaches

## CAMP STRUCTURE



# SAMPLE WEEK

The weekly rota and days off are scheduled by the Centre Manager and, based on the camp requirements, may change on a weekly basis. Any days off requests must be approved by Head Office / Centre Manager.

The example below highlights what a Strength & Conditioning Coach's daily routine may look like. Please note, this is a sample only, and may vary based on the requirements of the actual camp.

## MONDAY - FRIDAY



## WEEKENDS Two Options



**9:00-18:00**  
**Student Arrivals & Departures**  
Help some of our students depart at an airport/train station or welcome new students and accompany them to camp



**9:00-18:00**  
**Excursions**  
Spend the day at Arsenal Stadium, Brighton, Cambridge, Bath or THORPE PARK. Depending on the ages of "your" students, the group size and free time (unsupervised time) varies

# OUR POLICY ON ALCOHOL, SMOKING AND SUBSTANCE ABUSE

Given your role with children, the possession and consumption of alcohol and substance abuse is strictly prohibited on site or during working hours. Smoking, including the use of electronic nicotine delivery systems (ENDS) such as e-cigarettes, vapes etc. is only permitted in designated smoking areas and when off duty. Staff members are required to be in a condition that allows them to effectively supervise students at all times. Failure to adhere to these rules will be regarded as gross misconduct and may result in immediate dismissal.

**For more information or to apply visit:  
[www.exsportise.co.uk/summer-jobs](http://www.exsportise.co.uk/summer-jobs)**



Accredited by the  
 **BRITISH  
COUNCIL**  
for the teaching  
of English in the UK



**el-gazette**  
Centre of Excellence  
**2023-2024**

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