

Role: Fitness Coach / Sport Science Lead Coach

Wath upon Dearne Amateur Boxing Club is a voluntary run boxing club affiliated to England Boxing. Our aim is to provide fun and exciting boxing classes that the whole family can partake in. We would like to develop both elite and recreational boxing in Wath upon Dearne as we believe boxing is a sport that can be enjoyed by all.

Responsible to: Head Coach, and Club Chairman

Role purpose: To lead the fitness elements of each class.
Assist the Boxing Coach with

Commitment: 3.5 hours per week for training. Tuesday, Thursday and Friday evenings.
Additional hours: Taking boxers to competitions, warming boxers up on the pads and assisting with the corner work during bouts

Main tasks:

- Test and evaluate fitness levels of each boxer within the club.
- Monitor the boxer's health and fitness levels and make recommendations on training loads.
- Weigh each participant on a weekly basis.
- Work closely with the Head Coach, personalising training plans for boxers in fight preparation.
- Promote the club website to the boxers for guidance on nutrition and training theory.
- Lead warm up and cool down to the whole squad, highlighting key educational points as part of the learning process.
- Attend competitions and assist the Head Coach in warm up and cool down of fighters.

Skills, Qualifications and Experience:

- Desirable: Level III Personal Trainer
- Level II Gym Instructors Qualification (or willingness to work towards it)
- First Aid qualified (or willingness to work towards it)
- Safeguarding Certificate (or willingness to work towards it)
- DBS approved (or willingness to submit application)
- Sound understanding of boxing demands and components of fitness.

If you are interested in this role please contact Darren on 07816528260, or email your CV and a short cover letter to darren@schoolofboxing.com