

2 * Roles: Assistant 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, Club Chairman and Secretary.
- Role purpose:** To assist the Head Coach with the competitive boxers and prepare them for elite level boxing.
To coach the recreational and youth teams the School of Boxing Syllabus
- Commitment:** 3.5 hours per week for training. Tuesday, Thursday and Friday 4.30pm to 6pm
Additional hours: Taking boxers to competitions, warming boxers up on the pads and assisting with the corner work during bouts
- Main tasks:**
- Coach and develop the boxers in the competitive boxing team.
 - Monitor the boxer's health and fitness levels, making recommendations based on sound knowledge of exercise science (this can be learned via the club website).
 - Work closely with the Fitness Coach, assist in set up and motivation of participants in each drill.
 - Promote the club website to the boxers for guidance in boxing skills, nutrition and training theory.
 - Coach elements of boxing skill to the recreational boxers and youth teams, following the School of Boxing syllabus and session plans.
 - Attend competitions and assist the Head Coach in corner work where needed.

Skills, Qualifications and Experience:

- Level I England Boxing Coaching 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 skills

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