# STRENGHTH AND CONDITIONING COACH

Document ID	JOB09
Employer	Japan Cycling Federation
Work Type	Contract
Contract period	In general, between January2018 and March 2021. (Annual renewal) (If the project will continue and we will consider that duties capability and working attitude are superior during the contract period, there is a possibility for renewal the contract after March 2021.)
Salary	Upon experience: 4.800.000 - 6.480.000
Location	Shizuoka Prefecture, Japan
Posted	28 Nov. 2017
Closes	The position will remain open until the position is either closed (an applicant contracted) or cancelled.

# **JOB DESCRIPTION**

### Pre-amble

Japan Cycling Federation (JCF) is the recognized authority by the UCI (Union Cycliste International), JSC (Japan Sports Council) and JOC (Japan Olympic Committee) on all aspects of cycling in Japan. JCF is responsible for the management and development of the sport from the national team at the elite level, including Olympic, Paralympic and Asian Games.

JCF, through its High-Performance Center (HPC), aims to create and sustain an effective system that develops talented Japanese track cyclists to achieve Olympic, Paralympic and World Championship medal performances.

### Short Description

Provide performance support in the area of strength and conditioning.

#### **Reports to**

HPC Director and Head Coaches

Main Responsibilities (include but are not limited to)

- Design, implement and supervise strength and conditioning programs for HPC Athletes, and assist sports medicine staff as they rehabilitate injured athletes.
- Liaise with Japan Institute of Sports Sciences (JISS) strength and conditioning providers and sport scientists who are associated with JCF and HPC development pathway athletes to ensure that consistent and world class strength and conditioning services are provided.
- Collaborate with the Coaching Academy Team in order to ensure that the last Strength and Conditioning methods, findings and conclusions are included into the coaching courses materials.

• Keep abreast of "world's best practice" in strength and conditioning initiatives and research in cycling and other relevant sports.

**Requirements** (include but are not limited to)

- A degree in Sports Science, or equivalent.
- Demonstrated success in design/implementation of strength and conditioning programs for elite international athletes.
- Experience conducting applied sport science research and collaborating with world class experts.
- Experience in the usage of computers and office software packages (Ms Word, Excel, etc.)
- Experience in handling of web-based management systems.
- Fluency either in English or Japanese speaking skills.
- Both English and Japanese communication skills will be a plus.

Key Competencies and Behaviors (include but are not limited to)

- Problem solving capability.
- Good people skills and team player.
- Excellent communication, organisation and computer skills.
- Flexible and capable to work under pressure.
- Good command in both spoken and written English.
- Demonstrate personal commitment to the pursuit of excellence.

### General

- The person taking this role will be required to travel to Competitions and Training Camps agreed upon by the Head Coach and a superior.
- Comply with all policies set down by JCF and ensure that they are implemented as appropriate.

### APPLICATIONS

- Please send full resume to "<u>kyoka@jcf.or.jp</u>" with
- $\diamond$  current and expected salary
- $\diamond\,contact$  telephone number, email and postal addresses
- $\diamond$  current work situation and your availability date for work
- Please quote reference no. "JOB009" in the application.
- Applicants who are not invited for interview within six months may consider their applications unsuccessful.
- All applications will be treated in the strictest confidence. The collected data will be used for recruitment and other employment-related purposes only, and in general it won't be returned.