



## **VICTORY ATHLETIC CLUB**

### **HEAD COACH - JOB DESCRIPTION**

#### Main Purpose of Role:

To provide a safe, supportive, achievable and progressive running environment for all abilities;

To develop and organise all inclusive training and training schedules throughout the year;

To lead sessions with or without the assistance of other coaches.

#### Responsibilities:

- Plan and produce varied schedules for both Tuesday and Thursday sessions for summer and winter.
- Encourage participation by club members in scheduled training sessions.
- Encourage a safe and fun warm up and cool down routine
- Lead the group of Victory coaches and set training policies/standards.
- Hold regular coach meetings to discuss and agree training schedules.
- Delegate session lead responsibilities to other coaches.
- Encourage coaches to develop their skills and encourage members to consider coaching.
- Advise individuals where training plans may be found for specific distances/races.
- Welcome new members, advise on initial training plan and allocate running “buddies” for first runs.
- Ensure Sweeper is in place for training runs where appropriate.
- Seek feedback from members
- Provide advice for injury prevention and management; physical preparation, energy systems and nutrition.
- Help set realistic handicap times for new runners before participation in the summer handicaps.

