



Royal
Russell



Head of Strength and Conditioning

For September 2025



Welcome

I am delighted that you have expressed an interest in joining Royal Russell.

A leading co-educational independent school in South London, Royal Russell is different by design. We are a family school and we value those things which make each of us distinctively brilliant. Our school motto is 'Non Sibi Sed Omnibus' which translates as 'not for oneself, but for all', and from this, we make a commitment to help every member of our learning community strive for their vision of success.

Our beautiful, green campus offers exciting learning opportunities and first-class facilities for both pupils and staff to develop and flourish. Staff are dedicated to providing a total education and this is reflected in the outstanding academic outcomes of our pupils.

Openness and inclusiveness are integral to the Royal Russell experience and we encourage applications from all communities, so that our staff body reflects our ambitious, open, distinctive and courageous Royal Russell pupil body.

If you are interested in joining a forward looking and successful school, I look forward to receiving your application.



Chris Hutchinson
Headmaster



Our School

Royal Russell is a HMC/IAPS co-educational school with over 1,200 pupils between the ages of 3 and 18, situated on a beautiful green campus of 110-acres in South London, with a Junior School, Senior School and 200 pupil boarding community.

We are proud of our day and boarding facilities that rank amongst the best in the UK. Our pupils, parents and staff experience a warm and friendly environment with strong pastoral care for every pupil alongside a comprehensive co-curricular and enrichment programme. Royal Russell is proud to have achieved the highest grade of 'excellent' in every aspect during our most recent ISI Inspection.

Community Values

Royal Russell is a warm and thriving community of pupils, parents, staff, governors, Old Russellians, friends and supporters. We are bound together by our family ethos, a strong sense of pride in our school and a willingness to get involved.

By working together, supporting each other and having fun together, we have created a welcoming and inclusive environment for all. Living by our motto '*Non Sibi Sed Omnibus*', we encourage the qualities and values of responsibility and giving - which make Royal Russell special.

We are committed to our responsibilities to our wider community - local, national and international. We encourage our pupils to contribute, participate and lead so that they can learn the skills and attributes needed to make a positive contribution to society, now and in the future.



Welcome to Sport

Sport and physical activity are an integral part of Royal Russell School.

The school has a clear mission: to be an internationally recognised leader in Sport, Physical Education, and Physical Activity.

Our vision is to deliver an outstanding sport and physical activity experience for all, nurturing pupils' intellectual and personal development while fostering lifelong, healthy, and active lifestyles that extend beyond their school years.

Royal Russell is a school where all pupils participate enthusiastically, with many striving to excel.

Many of our pupils achieve representative honours at regional and national levels across multiple sports and regularly progress to high-performance and professional sport beyond school. Both teams and individuals compete successfully at the highest levels.

Sport at Royal Russell has always been outward-facing and innovative. We have partnerships with leading sports organisations, including several Premiership football clubs, ISFA representation, London Pulse Netball, Surrey Cricket, and Addiscombe Hockey. Work is also underway to expand these relationships with universities and sports organisations across the UK and internationally.

This is an exciting time for sports development at Royal Russell, and we are seeking a Head of Strength and Conditioning with responsibility for Health Related Fitness to play a key role in shaping the future of our athletic development programme.

James Ingle

Director of Sport, Health and Fitness



Head of Strength and Conditioning

We are seeking an experienced and dynamic Strength and Conditioning professional to lead our provision at a well-resourced, high-achieving school. This is an exciting opportunity to work with high-performing student-athletes and competitive sports teams, while also taking a strategic lead in promoting health-related fitness across the wider school community.

You will be a motivated and values-driven Strength and Conditioning Coach who promotes a competitive spirit within the teams they work with – one that balances high standards with mutual respect and support, regardless of individual abilities or outcomes.

This is an exciting time of growth for Strength and Conditioning at the School. Our main gym is currently undergoing a full refurbishment, complete with brand-new equipment, ready for use in September. In addition, a second gym space is being developed to support casual and recreational users, ensuring access to fitness opportunities across the wider school community.

UKSCA accreditation is desirable.

We believe the strength of a team starts with the people in the room. If you're driven, collaborative, and ready to grow something meaningful, we want to hear from you.

Salary: c£34,000 per annum (*term time, with attendance at some weekend and evening fixtures and competitions expected*)



Image of refurbished Strength and Conditioning Suite, located in the Pavilion

Key Responsibilities

Manage and Lead the S&C and Health Related Fitness provision throughout the school during term-time and holiday periods, including the running and management of the S&C facilities.

Implement a Long-Term Athletic Development (LTAD) framework aimed at improving the physical competence and athletic performance of the school's identified talented athletes and sports teams in conjunction with Coaches and Academic staff.

Provide appropriate programming support to individuals and teams that support the LTAD framework and individual need.

Design and implement appropriate physical testing, monitoring and profiling, maintaining an efficient and effective database of relevant data, considering age and stage development.

Utilise GPS and other technologies to monitor workload and support technical coaches and decision making.

Collaborate with Physiotherapists to return athletes to performance, whilst actively mitigating injury risk at an individual and group level.

Support the design and running of Scholarship Days and Open Days to promote to pupils, potential pupils and parents.

Attend school sport fixtures (these may include evening and weekends).

Ensure the safety and well-being of children and young people at the school by adhering to and complying with the School's Safeguarding and Child Protection Policy at all times.

Model high standards of dress, attendance and punctuality when on the school premises and in authorised school activities off site.

Attend all training and staff INSET sessions organised by the School.

Carry out any other duties as requested by the Headmaster or members of the School Leadership Team or Director of Sport.



Our Offer

Royal Russell offers excellent benefits including a competitive salary on our own salary scale.

As part of the vibrant community at Royal Russell, you will join a friendly and dedicated team with easy access to transport links (Coombe Lane tram stop is opposite the School entrance).

In addition, we offer:

- Pension scheme and life insurance
- Meals in the dining hall during term-time
- Social events throughout the year, including a Christmas party for all staff
- Cycle to work scheme (salary sacrifice)
- Octopus electric car scheme (salary sacrifice)
- Free on-site parking
- Use of our on-site sports facilities, including tennis courts, swimming pool and gym

A discount of up to 50% on school fees (85% discount for wrap around care before and after school during term-time) and a 25% discount with Royal Russell Holiday Club, which operates during school holiday periods.

Location: Our School is 10 minutes from East Croydon Train Station, with direct links to Central London (15 minutes) and Gatwick Airport (25 minutes).

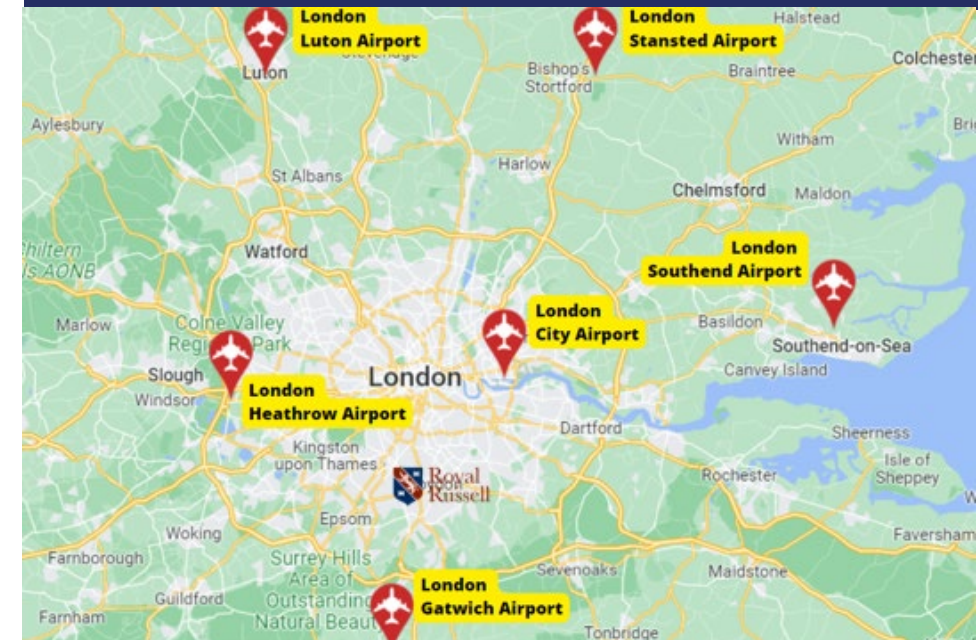
Further Information

Full details of our staff benefits and recruitment procedures can be found on our school recruitment page at: www.royalrussell.co.uk/discover/vacancies

You can also contact us by email at hr@royalrussell.co.uk or telephone HR on 020 8657 4433.

Applications (forms can be found on our website) will be considered on receipt and should arrive no later than 09:00 on Tuesday, 6th May 2025. Long list interviews will take place on 19th May, with final interviews on 5th June 2025.

The School is committed to safeguarding and promoting the welfare of children. All appointments are subject to a satisfactory enhanced Disclosure and Barring Service check (including a check against the Children's Barred List) and other pre-employment screening including references and medical fitness.



Campus Map

Our 110-acre campus contains incredible facilities for learning.



Main Facilities

- 1** Car Park
- 2** Reception / Headmaster's Study
- 3** Junior School
- 4** Early Years Centre
- 5** Performing Arts Centre / Auditorium
- 6** Dining Hall / Café
- 7** Chapel
- 8** Great Hall
- 9** Chapel Quad
- 10** Lime Tree Quad
- 11** Aston Webb Building
- 12** Library / Sixth Form Study Centre
- 13** Health & Wellbeing Centre
- 14** Science Block

Sports Facilities

- 15** Swimming Pool
- 16** Sports Hall
- 17** Top Pitch
- 18** The Paddock
- 19** Netball Courts
- 20** North Pitch
- 21** Astroturf Pitch
- 22** MUGA (Multi-Use Games Area)
- 23** West Pitch
- 24** Pavilion

Boarding / Houses

- 25** Buchanan / Reade
- 26** Cambridge
- 27** Hollenden
- 28** Keable
- 29** Latessa
- 30** Madden
- 31** Oxford
- 32** Queen's
- 33** St Andrew's



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www.royalrussell.co.uk

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