



ATHLETIC PERFORMANCE ACADEMY

STRENGTH & CONDITIONING COACH PART-TIME ROLE

Athletic Performance Academy (APA) Ltd is a dynamic, proactive organisation contracted to deliver Strength & Conditioning Coaching services at a number of sports organisations throughout the South East of England. We are seeking a **strength & conditioning coach** at Northampton Tennis Coaching to deliver on their Junior S&C programme. The role starts in September 2025 and would ideally suit someone who is looking to gain valuable experience in a high-performance environment.

We are currently looking for someone who is available on a Friday afternoon. As the programme grows opportunities to do additional sessions will become available subject to demand. This is an exciting opportunity to grow your role at the club and would suit someone who can be flexible with their working hours.

Hours: Friday 1-2pm **Duration:** Term time role with option to take on one-to-one sessions subject to demand

Remuneration: £20-30 per hour depending on experience

Please check out www.athleticperformanceacademy.co.uk for more details about us.

Benefits:

- Opportunities to coach in sessions involving mini tennis all the way to junior elite players
- Access to Coaching syllabus and additional resources to use during programme hours
- Access to Coach mentoring including help to prepare for UKSCA accreditation if appropriate

Your role will involve:

- Lead in development and delivery of strength and conditioning services to junior athletes
- Lead in athlete/team fitness testing and physical competency assessment

Essential criteria for this role to include:

- Desire to work toward UKSCA professional accreditation
- Level 2 Gym instructor qualification (or equivalent)
- Experience in the provision of strength and conditioning support to young athletes
- Enhanced DBS

Desirable criteria for this role to include:

- Currently enrolled or recently graduated from an S&C BSc
- LTA recognised Tennis Coach Qualification

YOU MAY APPLY VIA **Email:** daz@apacoaching.co.uk
PLEASE INCLUDE: CV AND RELEVANT CONTACT DETAILS.

Please quote ref: APA.01
Closing date: 3rd August 2025

Interviews will be held week commencing **Monday 4th August 2025** at Northampton LTC, NN33HH. If you are successful at interview, you will be required to start work on the **5th September 2025**