

ATHLETIC PERFORMANCE ACADEMY

STRENGTH & CONDITIONING COACH – BROMLEY TENNIS CENTRE **£18,000-20,000k per Year (pro rata)**

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 Southeast of England. We are seeking a **strength & conditioning coach at Bromley Tennis Centre** to deliver on their S&C programme. The role would ideally suit someone who has experience in a high-performance environment. This is a self-employed role, with opportunity to work with National and International Junior Tennis players.

The successful candidate will play a key role in driving the culture of strength & conditioning forward, with the opportunity to design, deliver and review long term athlete development programmes that are aligned with the APA coaching philosophy. This is an opportunity for the right person to innovate in the sport of Tennis and integrate a physical programme within an experienced world class team of tennis coaches, sports medicine practitioners and s&c coaches.

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

Benefits:

- Opportunities to lead sessions involving juniors all the way to elite professional Tennis players
- Investment from APA in coach education and equipment to support the development of the coach
- Opportunities for ongoing CPD in partnership with the Lawn Tennis Association
- Opportunities for further coaching during non-term time weeks

Your role will involve:

- Delivery of S&C services to junior elite tennis players, 20 hours per week during term time (39 weeks per year)
- Holiday Weeks: Up to 3 days per week, 15 hours per week (10 weeks per year)
- A mixture of 1-1 and small group S&C sessions to junior elite tennis players
- Assist in team fitness testing and physical competency assessment and reporting to parents/tennis team

Essential criteria for this role to include:

- Experience in the provision of strength and conditioning support to elite youth athletes
- Level 2 Gym instructor qualification (or equivalent)
- Enhanced DBS check- on the update service

Desirable criteria for this role to include:

- UKSCA professional accreditation or ability to obtain it within six months
- Previous experience of development of an LTAD pathway in a youth sport organisation

YOU MAY APPLY VIA **Email:** daz@apacoaching.co.uk **Please quote ref: APA.01**
PLEASE INCLUDE: CV AND RELEVANT CONTACT DETAILS. **Closing date:** 19th July 2026.

Interviews will be held **w/b 20th July 2026** Bromley Tennis Centre. If you are successful at interview, you will be required to start work immediately, subject to an enhanced DBS.