



### ***STRENGTH & CONDITIONING COACH STUDENT PLACEMENT/INTERNSHIP - GOSLING TENNIS ACADEMY***

Athletic Performance Academy (APA) requires a student or a coach at the beginning of their career to support the coaching staff and players in the field of strength and conditioning at Gosling Tennis Academy.

This is an opportunity to experience a high-performance environment interacting with accredited strength and conditioning coaches and high-performance tennis coaches, in a player centred team environment.

**Benefits:** This is a paid position (£10/hr or National living wage for those 21 or over.) and includes mentorship towards your UKSCA accreditation along with opportunities to observe/assist coaching taking place throughout the day. The paid coaching takes place in the afternoon, 4-6pm. It is not a requirement that you are available each day for coaching, Monday to Friday, but this is preferable. Hours are flexible but it would be ideal if the successful candidate can commit to 5 - 15 hrs per week.

The position includes mentoring from the APA owner and attendance at a weekly CPD meeting. There will also be possible funding opportunities for CPD courses as well. If already qualified to the right standard or once UKSCA foundation level is achieved, the ability to do additional paid individual work under the guidance of the Head of Strength and conditioning is a possibility.

**Length of Contract:** Term time is September 3<sup>rd</sup> 2025- 21<sup>st</sup> July 2026. We also consider applications from those candidates who cannot commit to the full school year.

**Responsibilities:** Assist in group and individual S&C sessions to all academy athletes along with performance testing and screening. Collaborate with a team of support staff, players and parents to continually instill a high-performance culture. The intern will report to one of the senior Strength and Conditioning coaches and will receive guidance and support from the S&C team concerning session content.

**Requirements:** Applicants will preferably be working towards a degree in sport and exercise science and qualifications within the field of fitness and performance. Coaches with a recognized L2 gym qualification or higher and those working towards UKSCA accreditation are preferred. Applications from candidates looking for a sandwich year internship would be most welcome.

Interested applicants should mail a CV and cover letter to [daz@apacoaching.co.uk](mailto:daz@apacoaching.co.uk) and put Gosling internship in the subject bar. Deadline 4th July 2025. Suitable candidates will be required to undergo a DBS check and complete a safeguarding course (if not already completed) prior to starting in the role.

Please check out [www.athleticperformanceacademy.co.uk](http://www.athleticperformanceacademy.co.uk) for more details about us.