



Introduction

Innervate Performance provide strength and conditioning services to professional, university and youth athletes across the South East. We provide support for a range of multi-sport clients including Rowing, Football, Hockey, Athletics, Netball, Swimming and Lacrosse. We are looking for a motivated and enthusiastic coach to deliver inspiring and engaging sessions to our client base in **East London**.

For the successful candidate the hours available are ad-hoc across weekend mornings and mid-week evenings, it is a part time self-employed role of up to 10 sessions per week. The role is an excellent platform to coach a variety of athletic populations in group and 1-2-1 sessions. In addition, we also provide well-structured learning and development opportunities, in preparation for a full time S&C role in performance sport.

Main Responsibilities:

- Plan, deliver and record S&C sessions using our online training platform.
- Liaise with the lead coach to monitor progress and track performance impact.
- Ensure the delivery effectively meets the needs of the client with integration and understanding of their seasonal training program.

Person Specification:

- Completed BSc or MSc in Strength and Conditioning or related field.
- At least 6 months experience in delivering group fitness or group strength and conditioning sessions.
- Knowledge of key client sports including; Athletics, Rowing, Swimming and Football.
- Excellent work ethic and interpersonal skills, reliable, confident, enthusiastic and ability to communicate in an inspiring and engaging manner.
- UKSCA accredited or ability to obtain within 6 months.

Remuneration: £25-£35 per session. Dependant on experience.

Location East London

Start date: December 2024

Applications: Please send your CV and cover letter to info@innervateperformance.com

Further info: For an informal chat email Tiahan Eeles via info@innervateperformance.com