



Introduction

Innervate Performance provide performance sport services to professional, university and youth athletes across the South East. Including a range of multi-sport's including Rowing, Football, Hockey, Athletics, Netball, Swimming and Lacrosse. We are looking for a motivated and enthusiastic S&C coach to deliver inspiring and engaging sessions to Lea Rowing Club in East London.

STRENGTH & CONDITIONING COACH

Junior Performance Programme | Lea Rowing Club

Lea Rowing Club is seeking a S&C coach to lead the physical development of its junior squad (12–18) within one of the UK's most competitive youth rowing environments. For the successful candidate the hours available are 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 high quality S&C sessions using our online training platform.
- Drive standards and training culture.
- Work in alignment with rowing coaches to ensure transfer to on-water performance and peak readiness for key competitions including Henley Royal Regatta.

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: To be discussed: Approx. ~£200 per month.

Deadline: 13th May 2026.

Start date: May 2026.

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