



Registered Trust under the
Bombay Public Trusts Act 1950

Inspire Institute of Sport,
Administration Building, Vidyanagar,
Dist. Bellary - 583275, Karnataka

Inspire Institute of Sport, Vijayanagar
Strength & Conditioning Coach
(Athletics, Swimming and Rowing)

Our Vision

IIS to be India's medal factory within all chosen Olympic sports and academy of choice for all aspiring Olympic champions of the future

Our Mission

Continuously evolve the IIS athlete development system which through factual and logical information identifies then grows talent that can achieve major medals success during future Olympics games

Our Values

Our values are Commitment, Ownership, Responsibility, Excellence, Integrity and Intensity.

Your Role

Strength & Conditioning Coach

Reporting to the Head of Physical Performance, you will facilitate the delivery of world-class strength & conditioning support as assigned to our core sports. Embedded in your sport and in close collaboration with our multi-disciplinary staff, you will strategize, innovate and implement means to develop the physical capacities of our athletes. Practical, open minded and forward thinking, you will tailor and drive the delivery to your sport aligned to key responsibilities and as outlined below;

Key Responsibilities

- Lead the design and delivery of S&C preparation plans to athletes in accordance with seeking elite physical performance gains and facilitating the realisation of individual performance goals within an athlete's chosen sport.
- Working in collaboration with the physiotherapy department to establish and deliver return to play protocols for post injury or surgery rehabilitation.
- Proven experience delivering S&C programmes to elite or high level athletics and/or swimming and/or rowing athletes with a willingness to upskill in the two other disciplines if necessary
- Demonstrate excellent practical application of core strength & conditioning concepts in line with IIS values.
- Demonstrated ability to work effectively within an interdisciplinary team (e.g., coaches, physiotherapists, sports massage therapists, analysts) to design and deliver integrated performance strategies.
- Ability to deliver your service in line with IIS values.
- Collaborate with physiology staff to ensure well aligned, physiologically directed programming interventions.
- Ability to deliver your service in line with IIS values.
- In collaboration with the coach designing and implementing periodized training cycles within high-volume environments.



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- Demonstrated competence using athlete monitoring tools: velocity-based training, force platforms.
- Ability to manage high training loads and recovery cycles.
- Demonstrated experience with return-to-training protocols, movement-quality restoration, and load re-progressions.
- Strong communication, organization, and session-execution skills suitable for both individual and squad training environments.

Requirements

- 5+ years working in an elite sport environment with a minimum of one-year in Athletics and/or Swimming and/or Rowing
- Undergraduate degree in related field, preferably specializing in physical preparation of athletes
- Industry recognized certification, *ie.* UKSCA-ASCC/ ASCA (L2) /NSCA-CSCS
- Demonstrable experience in delivery to elite athletes/high performance athletic groups
- Experience in injury rehabilitation practices and return-to-play protocols
- Experience in practical use of athlete monitoring systems
- Experience in practical use of testing & monitoring modalities

Additional Benefits

- Fully furnished accommodation provided on site
- All meals provided on site
- Local amenities available and easily accessible in nearby Vijayanagar township
- Major domestic airports accessible through nearby Jindal Vijayanagar airport

Application Process

To apply, please submit your CV along with a brief covering letter outlining your suitability for the role and current/expected salary to Malcolm Geluk, Head of Physical Performance at;
malcolm.geluk@inspireinstituteofsport.com