



YOUTH S & C COACH

PART TIME

About M4S

Move4Sport is a rapidly expanding youth specialist strength and conditioning company based in the Southeast. We deliver to all ages and standards of athletes from 4 years old developing physical literacy all the way up to world class youth athletes in multiple sports.

We are a team of 10 coaches, with venues in Bromley, Sutton, Croydon, Esher and Maresfield. Due to this rapid expansion, we are looking for a new coach to join our team and become part of our exciting new chapter.

What we want from you

We are seeking an ambitious, hardworking and passionate coach with previous experience of working with youth athletes to start on a self-employed basis. The individual will need to be flexible but initially hours will be in the evenings and weekends in Sutton and Esher area. Moving forward, the ability to be mobile will be essential. Tennis or Court based Strength and Conditioning experience would be beneficial

Day to day your role will involve leading and delivering weekday evening strength and conditioning sessions to groups of youth athletes, following our periodized annual plan.

In addition to this, you will be expected to assist in conducting fitness tests and movement screening with our academy athletes, help with data input and writing reports for the results collected.

We also expect you to attend our weekly S&C team meeting to drive both your own and the team's development.

Desired Skills and Qualifications

UKSCA Accredited (or ability to attain within 6 months)

Degree in sports science related topic. Preferably post graduate level. Or REPS level 3 qualified with good anatomy and physiology knowledge.

Valid Disclosure and Barring Service (DBS Check)

Full UK Drivers Licence and access to transport.

Up to date First Aid qualification

Fully insured.

Availability to coach evenings and potentially weekends

Practical knowledge of injury rehabilitation and prevention training

Practical knowledge of nutrition strategies and recovery practices to support performance and health

Above all else you must be able to consistently deliver creative, engaging and safe S&C sessions to squads of up to 12 youth athletes at a time, containing a variety of ages and levels of athletic development.

What you'll get from us

At M4S we're passionate about delivering the best possible service to every one of our athletes. For us that means continually reflecting on what we deliver and developing ourselves as coaches. As part of our team you'll be part of that development which includes:

Weekly meetings/ workshops with the other coaches at M4S and external S & C coaches to discuss everything S&C

Individual training from the team to learn the M4S way, as well as develop any areas that you feel need more work.

Attending various CPD workshops throughout the year from different providers

We will also provide you with uniform and a guaranteed minimum of 5-10 coaching hours per week to start, with the potential to increase this quickly through individual coaching hours. For the right applicant the ability to become part time employed is also available. (Pro rata salary £25,000). The hourly rate for Self employed is £25 per hour.

To apply for this position please send CV with a covering letter to

Gareth Shelbourne MSc ASCC CSCC CES

Owner & Head of Strength and Conditioning, 2 Lagham Court, Station road , South Godstone, Surrey, RH98ET

or email gareth.shelbourne@move4sport.org.uk