



Junior Physical Preparation Coach: Athlete Focused

Role: Junior Physical Preparation Coach

Contract Type: Part Time – 21 hours per week. Fixed term of one year with option to extend to a second year.

Remuneration: £23 660 Pro Rata

Work Pattern

- Monday and Wednesday full days
- Tuesday and Thursday evenings
- Some weekend and additional evening work where required

Location: Various locations around greater Glasgow

Start Date: Immediate start preferable

About the Role

We are looking for a flexible, hardworking and ambitious physical preparation coach to join our team of practitioners.

This role is suitable for an early career coach who is looking to supplement their current work or study commitments with more applied experience across a range of environments.

This role includes the following duties:

- The design and implementation of physical preparation programs, which include power, strength, speed, agility, flexibility and conditioning for a variety of team and individual sports.
- Ensuring the safe and correct execution of exercise techniques during sessions.
- Evaluating each athlete's development by monitoring and recording progress, before reporting this to the athletes and coaches in an engaging manner.
- Collaborating with other coaches and stakeholders to ensure the delivery of high-quality, effective coaching sessions.
- Maintaining an open line of communication with the other members of staff, including coaches and company directors.
- Maintaining a positive work atmosphere by acting and communicating effectively with athletes and coaches.
- Writing high quality monthly reports which detail the impact you have had with the athletes you work with.
- Engaging with CPD activity and other duties as assigned.

Our essential requirements are:

- Someone who lives by our values of being caring, honest and professional.
- Someone who is willing to go above and beyond to support clients and grow as a coach.



- Degree in Sports Science, Strength and Conditioning or similar.
- Ability to achieve a strength and conditioning accreditation in 6 months (including the UKSCA S&C Trainer Award)
- Experience delivering physical preparation sessions in a sporting setting, with athletes from a variety of age groups.
- Excellent communication skills (including in front of a camera).
- Excellent computer skills including use of Microsoft packages and Canva.
- Experience working in a team of people.
- Evidence of further learning including but not limited to additional qualifications.
- Drivers Licence and own car (or ability to use one).
- First Aid Qualification.

Other desirable attributes are:

- UKSCA, CSCS or ASCA
- Previous sporting experience.
- Experience working in high performance sport.
- Experience working in a multi-disciplinary team.

About Athlete Focused

Athlete Focused is a respected performance company operating in Scotland and Northern Ireland, providing bespoke support services to our clients. Our support allows our clients to excel in training, competition and life.

We aim to enhance the performance of every person, athlete, student or coach that we work with. We value holistic development, and our services include strength and conditioning, sports science, psychology, and nutrition. Our clients include large businesses, national governing bodies, professional teams, amateur sports clubs, schools and universities.

Application Process

Deadline for applications: 5pm on Friday 3 October

How to Apply: Send a CV and covering letter to Andy.White@athletefocused.com and Julia.Donnelly@athletefocused.com

Interviews: Initial online interview followed by a practical delivery session will be scheduled upon the receipt of suitable applications. The post may be filled ahead of the application deadline so early applications are encouraged.