

# Move4Sport Job Advert

## Casual Strength and Conditioning Coach

**Pay: £20-25 per hour depending on experience**  
**Potential to lead to full-time role**

**Location: Various across South London**



@move\_4\_sport



[contact@move4sport.org.uk](mailto:contact@move4sport.org.uk)

[Website www.move4sport.com](http://www.move4sport.com)





# Job Role

Move4Sport is expanding and seeking a strength and conditioning coach to join our team.

The successful applicant will be responsible for delivering strength and conditioning (S&C) to individuals and squads, primarily during evenings and weekends.

As a valued member of the Move4Sport team, you will be expected to attend weekly S&C team meetings to foster both individual and team development.

We pride ourselves on going the extra mile for our individual athletes and academies, and the successful candidate must share this dedicated mentality.

Locations: Various locations across South East London (Bromley, Esher, Sutton, Sussex)

Hours: Flexible hours (mostly evenings and weekends)

# Essential/Desired Qualifications

## Essential

- BSc in Sports Science or relevant subject
- First Aid Qualification
- Driving Licence
- DBS

## Desired

- Working Towards UKSCA
- Working towards MSc in sports science/strength and conditioning/relevant subject

# Desired Skills

## **Represent Move4Sport's athlete-first philosophy.**

- Experience planning and delivering high-quality S&C sessions for individual athletes and squads.
- Ability to adapt sessions to suit age, experience, and sporting demands.
- Able to build and maintain strong relationships with athletes, parents, and club partners.

## **Performance Testing & Movement Screening**

- Experience conducting athlete performance tests and movement screens.

## **Data Collection, Analysis & Report Writing**

- Experience producing clear performance reports for athletes, parents, teams, and partner clubs.



# About M4S

Move4Sport is a fast-growing youth-focused Strength & Conditioning company operating in the South East of England.

We specialise in Long Term Athletic Development, guiding youth athletes as young as 5, all the way to world-class international athletes.

Our strong partnerships within tennis, swimming, and netball provides us comprehensive opportunities to coach throughout the LTAD pathway and see athletes thrive from a young age across a range of sports.

At the core of our philosophy and mission is the development of 'Educated, resilient, performing athletes.' We believe that ensuring that fun and creativity in all our sessions is paramount, as it not only ensures high retention but also cultivates athlete-driven athletic development.





# To Apply

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

Gareth Shelbourne  
Director of Move4Sport  
[gareth.shelbourne@move4sport.org.uk](mailto:gareth.shelbourne@move4sport.org.uk)

**Please CC**  
Jake Peake  
Lead Strength and Conditioning Coach  
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