

MOVE4SPORT
MOVE BETTER. LIVE BETTER. PLAY BETTER.

Move4Sport Job Advert

Casual Strength and Conditioning Coach

Pay: £20 per hour
Potential to lead to full-time role

Location: Various Academies around Surrey

@move_4_sport

contact@move4sport.org.uk

Website www.move4sport.com







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Job Role

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

The successful applicant will be responsible for delivering strength and conditioning (S&C) primarily to squads but may extend to individual sessions too

The successful candidate MUST be available during weekday evenings

We pride ourselves on going the extra mile for our individual athletes and academies, and the successful candidate must share this dedicated mentality as well as a fun but productive style to their coaching.

Locations: Various locations across South East but mainly operating out of Surrey

Hours: applicant must be available weekday evenings (usually between 4-8pm)



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Essential/Desired Qualfications

Essential

- BSc in Sports Science/ relevant subject or PT level 3, UKSCA accredited or equivalent
- Emergency First Aid at work
- Driving Licence and have access to car
- Enhanced DBS
- Insurance
- Available weekday evenings
- Must be willing to develop their understanding of tennis or have prior working within tennis

Desired

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

Skills & Mentality

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.



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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.



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To Apply

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

Tom Martin
Lead Strength and Conditioning Coach
tommartin@move4sport.org.uk

Please CC

Gareth Shelbourne
Director of Move4Sport
gareth.shelbourne@move4sport.org.uk

Jake Peake
Lead Strength and Conditioning Coach
jakepeake@move4sport.org.uk