

# Move4Sport Job Advert

## Casual Strength and Conditioning Coach



@move\_4\_sport



contact@move4sport.org.uk

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



# Job Role

Move4Sport is expanding and seeking a dedicated coach to join our great team. We are excited to offer this new job opportunity.

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

Key responsibilities also include assisting with and conducting performance testing and movement screening to our athletes, as well as contributing to data collection and report writing.

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 the South East (Bromley, Esher, Sutton, Sussex)

Pay; £25-£30ph

Hours: Flexible hours (mostly evenings and weekends) with potential to grow quickly dependent on applicant



# Essential/Desired Qualifications and Skills

At least 2 years previous coaching experience within the youth population **(Essential)**

Availability to coach evenings and potentially weekends **(Essential)**

UKSCA Accredited (or working towards) **(Essential)**

Degree in sports science related topic **(Essential)**

Post graduate degree in sports science related topic **(Desired)**

Good anatomy and physiology knowledge **(Essential)**

Full UK Drivers Licence and access to transport **(Essential)**

Up to date First Aid qualification **(Essential)**

Practical knowledge of injury rehabilitation **(Desired)**

Practical knowledge of nutrition strategies and recovery practices to support performance and health **(Desired)**

Must be able to consistently deliver creative, engaging and safe S&C sessions containing a variety of ages and levels of athletic development **(Essential)**

Be passionate and ambitious about driving the business forward **(Essential)**

To have a good understanding of tennis, swimming and/or netball **(Desired)**



# 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 young athletes as young as 5, where the focus is on developing physical literacy, all the way to world-class international athletes who require performance testing and high level coaching and communication.

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.

# 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 internal meetings/ CPD workshops with the rest of the coaches at M4S
- When possible, we facilitate CPD from external experts in various different fields that gives us a broader understanding of what goes into developing high level athletes
- Individual training from the team to learn the M4S way, as well as develop any areas that you feel need more work.
- 6 month and yearly reviews with the leadership team to help develop you and your interests
- Access to a big database of individual and squad coaching opportunities
  - Career progressions within the company
  - Move4Sport branded uniform is also provided



# To Apply

To apply for this position please send CV with a covering 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  
[jakepeake@move4sport.org.uk](mailto:jakepeake@move4sport.org.uk)

Tom Martin  
Lead Strength and Conditioning Coach  
[tommartin@move4sport.org.uk](mailto:tommartin@move4sport.org.uk)

The closing date for applications is October 31st.