

# Part Time Strength and Conditioning Coach

## UNIQUE TENNIS

We are seeking a passionate and motivated Strength & Conditioning Coach to join our team at Unique Tennis. Our academy develops talented tennis players aged 7–pro players, and we are looking for someone who can support their physical development, athletic performance, and long-term sporting success.

### About the Academy

Unique Tennis offers a wide range of training opportunities for athletes. This includes a full-time day time programme, performance after school programme and junior after-school session. Further to this we are a Regional Performance Development Centre. This structure allows us to support players at every stage of their journey, from early development through to competitive performance pathways, and provides a dynamic and varied coaching environment.

### Role Overview

The Strength & Conditioning Coach will design and deliver age-appropriate training programmes to enhance strength, speed, agility, endurance, and injury prevention for players across different levels. You will work closely with our coaching team to ensure players' physical preparation aligns with their technical and tactical development.

### Key Responsibilities

- Plan and deliver group S&C sessions for players aged 9–18. This could develop into doing individual 1:1 session.
- Develop programmes tailored to different ages and stages of growth and development. This may also include rehabilitation sessions.
- Work closely with tennis coaches to align physical and on-court training.
- Educate players on recovery, nutrition, and injury prevention.
- Track and monitor player progress with regular testing and reporting.
- Ensure safe and professional use of all fitness equipment and training areas.

### Hours

- Flexible hours of coaching which will be across 2 North London / Greater London sites.
- Our sites operate between 7.30am and 8pm.

### Desired

- Degree (or equivalent) in Sports Science, Strength & Conditioning, or related field, or working towards.

- Relevant coaching or S&C accreditation (e.g., UKSCA, NSCA, ACSM), or working towards.
- Experience working with youth athletes (preferably in tennis or racket sports).
- Strong understanding of long-term athlete development.
- Excellent communication and motivational skills.
- Ability to adapt training for different levels, abilities, and personalities.
- Passionate and ambitious about driving the business forwards.

## **What We Offer**

- The chance to work in a supportive, player-focused academy environment.
- Opportunity to make a real impact on young athletes' development.
- Reviews with the leadership team
- Career progression opportunities within the company.
- Salary to be discussed at interview.

## **To apply**

To apply, please send a CV and cover letter of why you'd like to work at Unique Tennis and what you'd bring to the team to [UT@hazelwoodsportsclub.co.uk](mailto:UT@hazelwoodsportsclub.co.uk)