

## Strength & Conditioning Part Time Work Opportunities

### Performance Herts

Performance Herts are experienced UKSCA accredited strength and conditioning professionals based at the University of Hertfordshire. We provide S&C support to a wide range of athletes in a multitude of sports, from grass roots development and rehabilitation through to Olympic and World Class performers along with delivering on University degree modules at both undergraduate and postgraduate level.

Our partners, clients and athletes include, but is not limited to:



Our vision is to be the Region's leading Strength and Conditioning facility and service provider. To help us achieve our vision we are looking to recruit enthusiastic and driven S&C coaches looking to gain experience within a high performance multidisciplinary team.

### Work Opportunities

Regular paid hours currently available:

- Mondays	18:30-19:30 + setup / travel time	Berkhamsted School Gym	London Mavericks PDP
- Mondays	19:30-20:15 + travel time	Harringay (Gladesmore Community Sch)	"
- Tuesdays	18:00-19:00 + travel time	Herts & Essex Sports Centre	"
- Wednesdays	18:30-19:30 + travel time	Cambridge (Stephen Purse School)	"

There are often further hours that come up to assist with tasks such as fitness testing (often for University teams and clubs like Arsenal Women's FC Academy and London Mavericks Netball), gym cover, coaching (both groups and 1:1's).

This role is paid at the following hourly rates:

- £12.87ph - no UKSCA
- £16ph – UKSCA accredited
- £20ph - experienced S&C coach

Whilst we would like this rate to be higher, if we increased it, the work would simply not come through in the first place and we find that this kind of role is a great starting point / stepping stone for aspiring S&C coaches at the early stages of their career, or between roles. We therefore pay the hourly rates above, plus 30mins for setup / preparation time, along with travel time (within reason) and then provide the following addition support and benefits to bolster the role:

- Free Performance Herts and Hertfordshire Sports Village Gym Membership
- Free places on our CPD courses and workshops, in areas including:
  - Olympic Weightlifting
  - Speed Agility and Plyometrics
  - S&C Level 1, 2 and 3 (Needs Analysis, FMS, Programming & Periodisation)
- Opportunity to shadow / assist with S&C sessions involving developmental up to elite senior international athletes and squads from a range of able bodied and Paralympic sports.
- Mentorship by accredited, experienced and knowledgeable coaches, working in high performance sport and postgraduate education.
- Regular, hands on guidance towards your UKSCA accreditation.
- Reduced rates on UKSCA trainer qualification.
- Assistance with next career steps; cover letter, CV and interview guidance.
- The opportunity to train, work and learn in a happy and thriving high performance environment with state of the art facilities and equipment.
- Potential to move into future substantive work. (Former casual coaches are now working at the UKSI, Professional Football Clubs, other Universities, and running their own businesses).

What we are looking for:

- Professional, organised, and passionate S&C coaches, or aspiring S&C coaches.
- Ideally working towards UKSCA accreditation or a BSc / MSc in S&C or sports science or related topic.
- Strong work ethic and passion for learning and developing.
- Prior experience with free weight training and general athletic movements (running, jumping, throwing) and coaching.
- The ability to commit to regular hours between January and April 2025.

To apply, please contact Fiona Scott (Head of Physical Performance) and Max Honigsbaum (Head of S&C) at [performanceherts@herts.ac.uk](mailto:performanceherts@herts.ac.uk). Please note that this is an open role and will be taken down once the vacancies have been filled.