

**Position:** Part-Time Youth Strength & Conditioning Supervisor

**Target Sport:** Cricket (Pathway Pace Bowler)

**Location:** New Malden / Kingston area (South West London)

**Rate:** £20–£30 per hour (commensurate with experience)

**Role Overview:**

We are seeking a dedicated S&C practitioner to provide 1-on-1 floor supervision for an ambitious 15-year-old pathway fast bowler. The role focuses strictly on enforcing lifting mechanics, core bracing, eccentric deceleration control, and dynamic joint safety based on a high-performance bowling S&C blueprint set by his lead pace bowling coach.

**Key Responsibilities:**

- Supervise gym sessions to ensure movement quality, correct bar path, and strict tempo control.
- Prevent passive joint hyperextension under load through active coaching cues.
- Provide constructive feedback to build independent, long-term gym habits.

**Requirements:**

- UKSCA Accredited, or on the pathway to becoming accredited.
- Experience working with youth athletes or fast bowlers is preferred.

**Schedule & Availability (September – December 2026):**

- **Term Time:** Sundays (morning or early afternoon) in the New Malden / Kingston area.
- **School Holidays:** Mid-week sessions during the 2-week October half-term break.
- **Frequency:** 1–2 sessions per week.