

Position: Youth Strength & Conditioning Supervisor (GCSE PE Interest Desirable)

- **Target Sport:** Cricket (Pathway Pace Bowler)
- **Location:** New Malden (KT3) / Kingston area (South West London)
- **Rate:** £25–£35 per hour (commensurate with experience)
- **Contact Email:** sandc@antheppress.com

Role Overview

We are seeking an energetic, UKSCA-accredited (or pathway) S&C practitioner to provide 1-on-1 floor supervision for an ambitious Year 11 student (turned 15 in July 2026; pathway fast bowler managing mild inattentive ADD traits).

The primary focus is high-performance gym floor supervision, with optional scope to assist with desk-based OCR GCSE PE (J587) theory and coursework support if qualified.

Key Responsibilities

- **Gym & Floor Supervision:** Supervise gym sessions to ensure movement quality, correct bar path, strict tempo control, core bracing, eccentric deceleration control and dynamic joint safety based on a high-performance pace bowling S&C blueprint set by his lead bowling coach.
- **Joint Safety & Form:** Prevent passive joint hyperextension under load through active coaching cues.
- **Habit Building:** Provide constructive feedback to build independent and long-term athletic habits.
- **Desirable Extra (GCSE PE Integration):** Ability to deliver desk-based theory tailored to OCR GCSE PE (J587)—linking biomechanics, movement analysis and energy systems to his gym work—and guiding his Analysing and Evaluating Performance (AEP) coursework task.

Requirements

- UKSCA Accredited, or actively on the pathway to becoming accredited.
- Experience working with youth athletes or fast bowlers is preferred.
- Background in Sports Science, CSCS or Physical Education teaching is advantageous.
- Enhanced DBS check required.

Schedule & Phased Availability

- **Phase 1 (Autumn Term 2026 / Boarding Term):**
 - Late Aug / Early Sept Kickoff Block (baseline physical assessment and setup week).
 - Fortnightly Term-Time Sessions: ~1 session every two weeks during term time (flexible weekend timing, e.g. Saturday late afternoon or Sunday).
 - Holiday Blocks: Mid-week sessions during the 2-week October half-term break plus a block during the pre-Christmas week in December.
- **Phase 2 (Jan – June 2027 / Full-Time Homeschooling):**
 - ~2 sessions per week (flexible weekday afternoon timing, e.g. around Tuesdays and Thursdays, combining physical floor work and optional desk-based theory).

How to Apply

Please email your CV, DBS status and confirmation of general availability directly to **sandc@anthempres.com**.