



SOTOTENNIS
ACADEMY
INSPIRING EXCELLENCE

Strength & Conditioning Coach

JOB DESCRIPTION

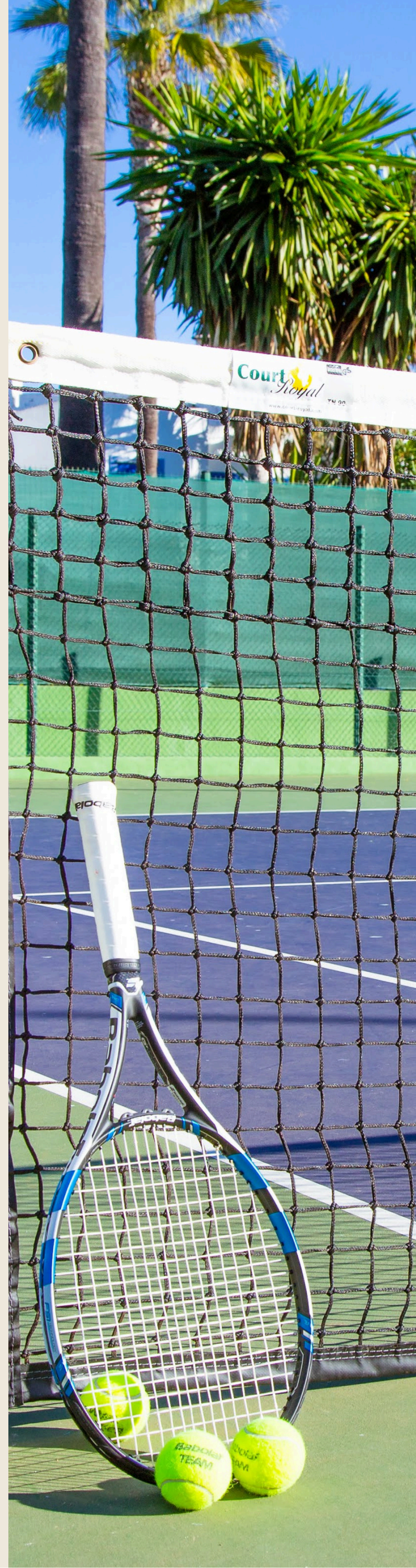
Who are we?

SotoTennis Academy (STA) is an international high-performance tennis academy based in the South of Spain in Sotogrande on the Costa del Sol. Established in 2010 by Dan and Victoria Kiernan, STA aims to provide an environment that inspires and enables our athletes to maximise their potential.

STA offers Full Time Training Programmes to performance players, with availability for competition-level players and groups to access the Academy's year-round outdoor training on European Red clay courts and American-style hard courts.

As a highly personalised and boutique-style tennis academy, our team of expert coaches deliver individualised programmes to players in a robust team environment. We are responsible for ensuring that our players see measurable outcomes in their performance through our structured and systematic approach, and give our players the opportunities, tools and resources to make these improvements.

We are also proud to offer players a unique balance of tennis and education through our joint programmes with our Academy partners. Many players have graduated from the Academy having gained scholarships with American Universities, allowing their studies and tennis journey to continue.



S&C at STA

The role of the STA Sports Science department is to:

- 1) Maximise player availability through quality programming and monitoring of the players' performance programme.
- 2) Deliver high quality strength and conditioning provision to enable each player at the academy to have a programme that can support them in improving as a tennis athlete.

Key Relationships

The Strength & Conditioning Coach will report to the Head of Sports Science, as well as the necessary age group lead tennis coaches.

STA ensures that the Strength & Conditioning Coach will have the time, facilities, player management tools and communication tools at his/her disposal to deliver the goals set out by the Head of Sports Science.

INTERNAL COMMUNICATIONS

- *Head of Sports Science*
Tom Turner
- *Academy Director*
Dan Kiernan
- *All age group coaches*

EXTERNAL COMMUNICATIONS

- Lead Coaches from STA via Internal platform
- Players and parents from STA via WhatsApp
- Access players and coaches that visit STA via Whatsapp
- Academy physio partner



The Role

ROLE DIMENSIONS

CONTRACT

Full Time Contract with agreed number of holidays.

HOURS OF WORK

- 30 hours per week of delivery
- 10 hours per week of administration

These hours will need to be flexible according to the annual demands at the academy and the tournament schedule of the players during the week.

LOCATION

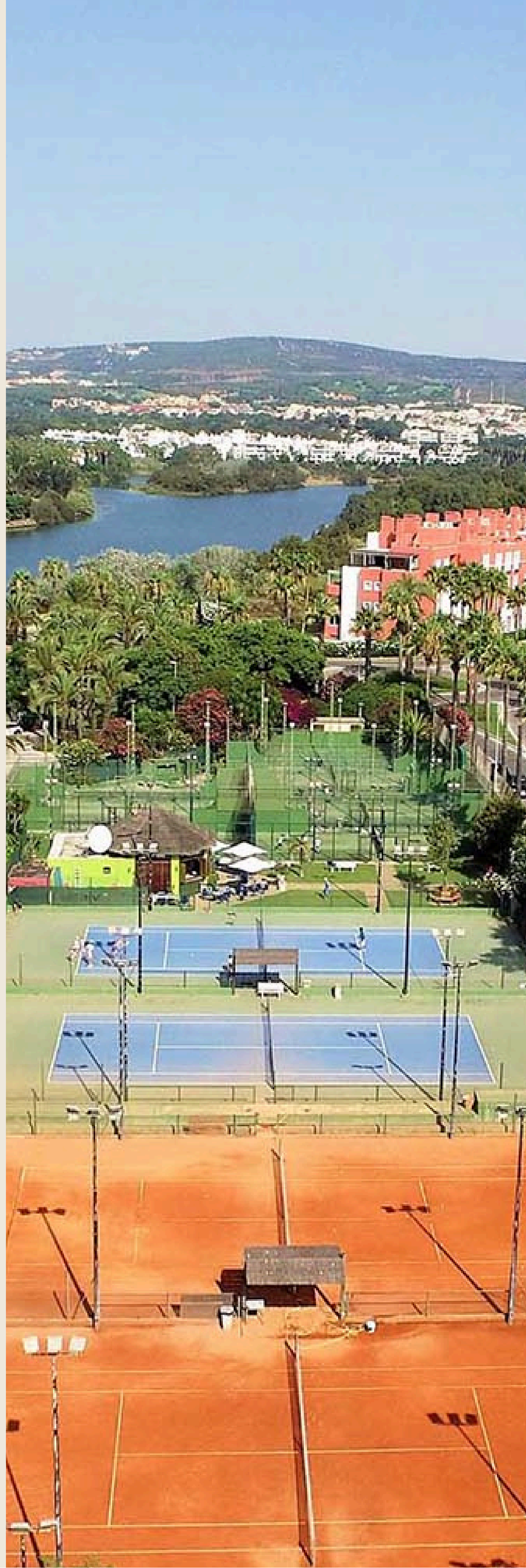
SotoTennis Academy is based at El Octogono Club de Tennis in the marina of Sotogrande. The fitness facility is currently based in our STA Hub, around 10 minutes from El Octogono.

Attending matches/tournaments at the weekends will also be required as and when it is planned in the termly schedule for the role.

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REMUNERATION

€26 - 30,000 per annum





Role Responsibilities

- Lead on the programming and delivery of S&C Training for all age groups at the academy.
- Have key input and support the delivery, assessment and reporting of the sports science physical profiling for all players.
- Work effectively with our physiotherapist partner to ensure joint communications on treatment, rehabilitation and return to play of academy players.
- To support the academy in the delivery of local and international tournaments.
- Assist in the monitoring and management of players' training and competition schedules.
- To maintain our good relationship with our gym partner through regular communication.
- To support in the design and delivery of off-court education materials with the aim of improving the our players' understanding in all aspects of developing as a tennis athlete.
- To ensure all S&C materials are well looked after.
- To help create and sustain a healthy vision of STA and promote it to other parties accordingly. To represent the GROWTH values of STA (Gratitude, Respect, Ownership, Want, The Daily Bill, Humility/Honesty) at all times.
- To ensure and promote equality of opportunity, respecting diversity and recognising the needs of different groups and individuals.

Requirements

ESSENTIALS

- NSCA/UKSCA or international equivalent qualification in strength & conditioning
- A degree in sports science/coaching/S&C or equivalent
- +12 months coaching experience
- Driving Licence (EU/UK/International)

DESIRABLES

- Experience working as part of a multi-disciplinary team
- MSc in Strength & Conditioning
- EU passport holder

EVALUATION PROCESSES BY HEAD OF SPORTS SCIENCE

- Weekly online monitoring of planning and communication.
- Bi-termly performance evaluation based on agreed roles and responsibilities set out at the start of term



How to Apply

If you have any questions and/or are interested in applying for the Strength & Conditioning Coach position, please send your CV and a 1 page cover letter outlining why you believe you are the right person for this role to Tom Turner:

tom.turner@sototennis.com

Closing Date - Friday 4th July 2025

