



ROYAL
BALLET
SCHOOL

STRENGTH AND CONDITIONING PLACEMENT

Role: Placement Strength and Conditioning Coach

Location: The Royal Ballet School, Upper School, 46 Floral Street, London, WC2E 9DA

Positions available: 1

Placement Dates: January 2026 – July 2026 (subject to completion of pre-employment checks)

Remuneration: Travel and lunch expenses only

Supervisor: Strength and Conditioning Coach

Application Deadline: Friday 19 December 2025

Placement Description

This placement offers an exciting opportunity for a student to gain experience within a unique high-performance environment at the forefront of sports science, strength and conditioning, and applied research at the Royal Ballet School.

You will support the delivery of strength and conditioning sessions in both the gym and the studio, working with students aged 16 – 19 years. Responsibilities may include, but are not limited to:

- Data entry and administration
- Assisting with training-load monitoring
- Supporting data collection and research projects
- Contributing to group session planning and delivery
- Assisting with rehabilitation-focused strength and conditioning
- Collaborating with members of the Healthcare and wider interdisciplinary support team.

Strong communication skills are essential, as the successful candidate will work closely with practitioners across dance, physiotherapy, psychology, sports science, and medical support. You will also benefit from a structured individual development plan and exposure to a range of learning and professional development opportunities.

What We Offer

- Gain experience within a world-class performing arts and high-performance training environment

- Mentorship and supervision from experienced strength and conditioning practitioners
- Access to CPD opportunities, including workshops and interdisciplinary learning
- A structured individual development plan tailored to your goals
- Exposure to ongoing applied research projects
- Supportive interdisciplinary team environment
- Travel and lunch expenses covered

Person Specification

The ideal candidate will:

- Currently studying towards a postgraduate degree in sport science or strength and conditioning
- Possess knowledge of anatomy, physiology, and strength and conditioning principles
- Have practical experience across all stages of rehabilitation and athlete development
- Show knowledge of LTAD, growth and maturation, and training adolescent athletes
- Show enthusiasm for learning and contributing within an interdisciplinary high-performance environment
- Demonstrate strong communication and interpersonal skills.

Safeguarding Responsibilities and Duties

The School is committed to safeguarding and promoting the welfare of children and young people and recognises that safeguarding and promoting the welfare of children is everyone's responsibility. The School expects all staff and volunteers to share this commitment to children's safeguarding and to share this child-centered approach. This approach means that staff must consider, at all times, what is in the best interests of the child. Additionally, the following is expected of all staff:

- To uphold the School's policies relating to safeguarding and child protection, behavior, health and safety and all other relevant policies
- To promote and safeguard the welfare of children and young persons for whom you are responsible, and come into contact with
- To report any safeguarding concerns using the relevant channels, such as informing the Assistant Principal, Academic & Pastoral Principal and/or Chair of Governors, in a timely and appropriate manner
- To ensure full compliance with all statutory regulations, in particular the most recent Keeping Children Safe in Education, and communicating concerns to the Assistant Principal, Academic & Pastoral Principal, other relevant staff of The Royal Ballet School or local children's services as appropriate.

How To Apply

To enquire and apply, please email jobs@royalballetschool.org.uk with the subject line 'RBS S&C Placement'.

Please include a CV (maximum two pages) and a short cover letter (maximum one page) explaining:

1. Why you are interested in the role
2. What you hope to gain from the placement
3. Any relevant experience or skills you can bring

We're passionate about creating an inclusive workplace that promotes and values diversity. At The Royal Ballet School we are committed to creating an environment where every one of our employees feels part of our team and can flourish, regardless of their background.