

Part Time Strength & Conditioning Coach

Unique Tennis Langley @ Abbot's Hill School

We are seeking a passionate and motivated Strength & Conditioning Coach to join our team at Unique Tennis Langley. Our academy develops talented young tennis players aged 6–13, and we are looking for someone who can support their physical development, athletic performance, and long-term sporting success.

About the Academy

Unique Tennis Langley is a new programme based at Abbot's Hill School. We are in the early stages of developing our pathway and currently run both development and performance squads for players aged 6–13. Our intention is to grow the programme to include daytime and evening squads, providing a full training structure for players of different levels.

This is an exciting opportunity for the right candidate to play a key role in shaping and growing the S&C side of the programme. In addition, the facility can be used for your own sessions, offering scope to build your own client base alongside your academy work.

Role Overview

The Strength & Conditioning Coach will design and deliver age-appropriate training programmes to enhance strength, speed, agility, endurance, and injury prevention for players across different levels. You will work closely with our coaching team to ensure players' physical preparation aligns with their technical and tactical development.

Key Responsibilities

- Plan and deliver group S&C sessions for players aged 6–13 (with the potential to develop into individual 1:1 sessions).
- Develop programmes tailored to different ages and stages of growth and development, including rehabilitation sessions where needed.
- Work closely with tennis coaches to align physical and on-court training.
- Educate players on recovery, nutrition, and injury prevention.
- Track and monitor player progress with regular testing and reporting.
- Ensure safe and professional use of all fitness equipment and training areas.

Hours

- Part-time role, a few sessions per week
- Evenings (5:00–7:00pm or 6:00–8:00pm) and Saturday mornings

Desired but not required

- Degree (or equivalent) in Sports Science, Strength & Conditioning, or a related field.
- Relevant coaching or S&C accreditation (e.g. UKSCA, NSCA, ACSM) desirable.
- Experience working with youth athletes (preferably in tennis or racket sports).
- Strong understanding of long-term athlete development.
- Excellent communication and motivational skills.
- Ability to adapt training for different levels, abilities, and personalities.
- Passionate and ambitious about driving the business forwards.

What We Offer

- The chance to work in a supportive, player-focused academy environment.
- Opportunity to make a real impact on young athletes' development.
- The ability to use the facility for your own S&C sessions.
- Regular reviews with the leadership team.
- Career progression opportunities as the programme grows

To apply

To apply, please send a CV and cover letter of why you'd like to work at Unique Tennis Langley and what you'd bring to the team to info@uniquetennislangley.com