JOB DESCRIPTION

Job Title: Graduate Strength & Conditioning Coach (with Formalised Mentorship towards UKSCA Accreditation): Supporting Cambridge University Women's Rowing Programme for The Boat Races

Hours: 2 sessions per week – Tuesdays and Thursdays (1600 – 1900)

Location: Goldie Boathouse, Goldie Flat Beaulands Close, Cambridge, CB4 1JA

Salary: £40 per session

The Opportunity

Viktus is an athletic performance-driven company built by elite coaches from Olympic and professional sport and we're seeking our newest member to join our growing team. We're looking for a committed individual, capable of leading strength and conditioning sessions for a large squad; with a strong coaching presence and the skills to coach the major barbell lifts. You'll be supported by an experienced mentor, plus the Viktus system and philosophy that transforms long-term athletic potential into real-world performance.

At Viktus, you will:

- Work alongside S&C professionals with decades of experience in international sport
- Access structured mentorship and CPD to fast-track your coaching development
- Gain practical experience with university-level sports performers
- Be part of a small but ambitious team that's redefining what applied coaching looks like outside traditional institutions

Role Summary

As a Graduate S&C Coach at Viktus, you'll play a central role in delivering individualised training programmes to athletes within the Cambridge Women's Rowing Programme, training to beat Oxford at The Boat Races. You'll assist in performance testing, rehab support, and lead the coaching component of Viktus' weight room programme.

Key Responsibilities

- Deliver strength and conditioning sessions to a squad of 30 – 40 athletes in line with our Viktus programming system and coaching philosophy
    - Leading squad warmups, technical coaching and programme application feedback
- Support with physical profiling diagnostics
- Contribute to weekly multidisciplinary discussions, sharing your coaching insights across programme application, group dynamic and individual progression.
- Support with the coaching aspect of rehab integration and return-to-performance plans
- Participate in remote, formalised, monthly mentoring and CPD sessions, accelerating your learning and development towards your Strength and Conditioning career goals.
- Report specific programme updates and feedback directly to the Viktus coaching team.
- Contribute to social media and educational content.
- Uphold safeguarding, ethical, and clean sport standards at all times

PERSON SPECIFICATION – Competency Areas

Qualifications and Education:

Required:

- BSc in Strength & Conditioning, Sport Science, or a related field
- DBS check and up to date Emergency First Aid qualification

Desirable:

- UKSCA Accredited Strength and Conditioning Coach or S&C Trainer

Experience, Knowledge and Skills:

Essential	**Desirable**
Experience providing strength and conditioning services to individuals or teams.	Strong coaching skills including the ability to creatively adapt a programme to meet individual needs
The skills to deliver training programmes, specifically being competent at coaching the major barbell lifts of back squat, deadlift, bench press and row.	Coaching experience with university level athletes
Confident communicator with a strong weight room presence, high interpersonal skills and the ability to build and maintain productive relationships.	Experience with rehab or post-injury protocols
A coachable mindset and a growth-driven approach to learning	Familiarity with platforms such as TrainHeroic, VALD, or ForceDecks
Strong organisational skills and reliability	

Application Method:

Please submit the following to **Enquiries@viktus.co.uk**

1. **CV** (max 2 pages)
2. **Cover Letter** (1 page) outlining:
    - Why you want to join the Viktus team
    - What you bring to the role
    - Your UKSCA status or pathway
    - How you will fit the role around your current commitments
    - The date you are available to start

Deadline to Apply: Wednesday 8th July at 5pm

Interviews: Tuesday 14th July in Cambridge