



## Strength & Conditioning Coach / Personal Trainer

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| <b>Contract Type:</b> | Self-Employed  |
| <b>Location:</b>      | The Parklangley Club, Beckenham                              |
| <b>Working Hours:</b> | Part-time/casual (with capacity to build to full time)       |
| <b>Remuneration:</b>  | £25-35/hr (classes), £TBD (private clients)                  |
| <b>Start Date:</b>    | 1 <sup>st</sup> July - 26 <sup>th</sup> August 2026 (latest) |

The Parklangley Club is one of the largest tennis, squash and badminton clubs in the UK, running a successful racket sports programme, coaching over 2000 players of all ages and abilities each week. It's a thriving sports facility, staffed by a dedicated team of office, reception and bar staff, over 25 tennis, squash and badminton coaches and 4 S&C coaches / physical trainers.

In December 2025, we completely refurbished the gym, updating all equipment for the 1200 gym members. Alongside the gym we have a dedicated, fully equipped 136<sup>2</sup>m training facility – used for classes and private clients.

The S&C section of the club has a strong pedigree of supporting youth athletes, including Emma Raducanu (US Open Winner 2021) and Georgina Kennedy (Commonwealth Gold Medallist in squash 2022). The youth coaching programme is integral to our core values at the club, and we continue our close links with LTA in delivering an U10 Performance Programme. We're looking for someone who can help build the youth programme.

The club is in the early stages of increasing our group exercise provision for our adult sports players and general population – building this part of the programme is high on our priority list.

The overall client base requiring support is varied, so we are looking to appoint 1 or 2 motivated S&C coaches or physical trainers to work with the Head of S&C/Gym Manager and existing team of trainers and coaches. The successful candidate(s) will have the opportunity to build their business working with our athletes, our gym members and delivering group exercise classes.

### **Job Description and Main Responsibilities:**

- Delivery of S&C services to junior and adult tennis, squash and badminton players.
- Delivery of training sessions to general population.
- Delivery of group sessions organised by the club.
- Build one's own 1:1 client base.

- Support the Head of S&C in the running and growth of the S&C programme.
- Support the Head of S&C in the running and growth of the group exercise programme.
- Support Head of S&C in fitness testing, physical competency assessments and data interpretation.
- Conduct occasional gym inductions.
- Communication regarding player development with fellow coaches.
- An ambassador for the club.
- Follow Health & Safety Procedures.
- Be aware and understand gym environment risk assessments and provide timely and comprehensive accident/incident reporting.

## **Qualifications and Experience:**

### **Essential:**

- Certificate in Coaching Strength and Conditioning of Sport, relevant fitness qualification e.g. Level 2, 3 or 4 Personal trainer, UKSCA Accreditation or on the pathway to becoming accredited or similar.
- Ability to lead a safe and effective training session.
- First Aid certificate (or ability to gain one within 3 months)
- A strong desire to work with youth athletes (enhanced DBS check with barred check required).
- Experience in delivering group exercise sessions.

### **Desirable:**

- Graduate/Post graduate qualification in Sport and Exercise Sciences / S&C / Sports Injury Rehabilitation or vocational equivalent with industry experience.
- Experience of development of a LTAD pathway in youth sport.
- Experience of planning and implementing training programmes.
- Experience of leading training sessions for a variety of abilities and ages.
- Experience of working within and/or competing in racket sports.

### **Skills and Attributes:**

- Excellent communication and listening skills.
- Self-motivated, entrepreneurial and collaborative work ethic.
- Good time management skills.
- Reliable.
- A flexible approach to work hours.

### **How to Apply:**

Please send your CV and covering letter to:  
Suzanne Williams - Head of S&C / Gym Manager

**[Suzanne.williams@theparklingleyclub.co.uk](mailto:Suzanne.williams@theparklingleyclub.co.uk)**