



## ATHLETIC PERFORMANCE ACADEMY

### **FULL-TIME STRENGTH & CONDITIONING COACH - GOSLING TENNIS ACADEMY** **£20-25,000k per Year**

Athletic Performance Academy (APA) Ltd is a dynamic, proactive organisation contracted to deliver Strength & Conditioning Coaching services at a number of sports organisations throughout the South East of England. We are seeking a **senior strength & conditioning coach at Gosling Tennis Academy** to deliver on their S&C programmes. The role starts immediately and would ideally suit someone who has significant experience in a high performance environment.

This is a full-time self-employed role, with opportunity to work with National and International Junior Tennis players.

The successful candidate will play a key role in driving the culture of strength & conditioning forward, with the opportunity to design, deliver and review long term athlete development programmes that can be used throughout the APA network. This is an opportunity for the right person to innovate in the sport of Tennis and integrate a physical programme within an experienced world class team of tennis coaches, sports medicine practitioners and s&c coaches.

Please check out [www.athleticperformanceacademy.co.uk](http://www.athleticperformanceacademy.co.uk) for more details about us.

#### **Benefits:**

- Opportunities to lead sessions involving juniors all the way to elite professional Tennis players
- Investment from APA in coach education and equipment to support the development of the programme
- Opportunities for ongoing CPD in partnership with the Lawn Tennis Association

#### **Your role will involve:**

- Review of existing LTAD models and establishment of a performance player physical pathway
- Lead in development and delivery of strength and conditioning services to junior elite tennis players
- Lead in athlete/team fitness testing and physical competency assessment
- Assist APA owner with coach education of junior S&C coaches and interns

#### **Essential criteria for this role to include:**

- Significant experience in the provision of strength and conditioning support to elite youth athletes
- UKSCA professional accreditation or ability to obtain it within six months
- Level 2 Gym instructor qualification (or equivalent)
- Enhanced DBS check- on the update service

#### **Desirable criteria for this role to include:**

- At least 3 years' experience working with elite junior tennis players
- Previous experience of development of a LTAD pathway in a youth sport organisation

YOU MAY APPLY VIA **Email:** [daz@apacoaching.co.uk](mailto:daz@apacoaching.co.uk) **Please quote ref: APA.01**  
PLEASE INCLUDE: CV AND RELEVANT CONTACT DETAILS. **Closing date: 8th November**

Interviews will be held week commencing the **Monday 9th November 2020 (or at the candidate's earliest convenience)** at Gosling Sports Park, Welwyn Garden City, Herts. If you are successful at interview, you will be required to start work immediately subject to a DBS