



## Job Description: Strength & Conditioning Coach

| Job Title  | Strength & conditioning coach                                                |
|------------|------------------------------------------------------------------------------|
| Hours      | Permanent position - 37.5hrs p/w                                             |
| Reports to | First team manager, head of football                                         |
| Location   | Truro (home matches), various (away games), club's training venue (Plymouth) |
| Salary     | Competitive (based on experience)                                            |

### Job Summary:

Truro City Football Club seek an enthusiastic, hardworking and committed individual to become strength & conditioning coach for the men's first team.

The Tinnars compete in the National League (level five of the English football pyramid), the National League Cup and Football Association (FA) competitions - the FA Cup and FA Trophy.

The men's first team strength & conditioning coach will work alongside the first team manager and his coaching staff to ensure effective integration and implementation of strength and conditioning (S&C) into players' training schedules and matchday routines.

### Key Responsibilities:

- Oversee and manage all S&C operations.
- Plan, design, deliver and evaluate structured S&C programmes which will consistently strive to improve both individual and team performances.
- Monitor and manage player workloads, wellness and all aspects of S&C testing.
- Conduct continual player profiling to advise first team coaching staff on specific adaptive training methods which link to data driven analytics.
- Provide continual feedback to both players and coaching staff in the respect of physical preparation.
- Deliver live in-game and in-training physical performance information at all training sessions and first team matches - both home and away.

### Person Specifications (Essential):

- Posses the highest standard of communication skills, whilst being able to work collaboratively with coaching staff and medical departments.
- Willing to be 'hands on' and brings a positive 'can do' attitude across all aspects of the job role.
- Exemplary work ethic.
- Understand the challenging work nature of the professional football industry.
- Be agile and able to adapt to different and changing situations.
- Have the drive and enthusiasm to set high standards and achieve team objectives.
- Excellent presentation professionally and has good interpersonal skills.
- Full clean UK driving license.

### **Qualifications & Experience (Essential):**

- BSc (or equivalent) in Sports Science and/or Strength and Conditioning.
- Possession of an accredited S&C certification (e.g UKSCA, NSCA, ASCA) or ability to obtain such within an agreed timeframe.
- Proven ability to design, deliver, evaluate, and consistently improve S&C and training programmes.
- Proficient in online programme design tools.
- Strong analytical skills with the ability to deliver evidence based reports on players and matches.
- Experience of working with professional sports persons and building positive relationships.
- Ability to manage and adapt to the wide range of personalities and character traits that exist within the playing squad of a professional sports team.
- Experience of motivating professional sports persons in a multitude of scenarios.
- Evidence of planning, designing and implementing S&C programmes at a professional sports club or with professional athlete(s).
- Strong knowledge of English football and the competition Truro City compete in – the Enterprise National League.
- A commitment to promoting club values and policies, whilst working within GDPR guidelines.

### **Working Schedule:**

The successful candidate will be required for all home and away match days, which will include travelling the day before most away league matches.

They will also attend all training sessions, although these are subject to change, due to fixture scheduling and the discretion of the first team manager.

### **Other information:**

Truro City Football Club is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff and volunteers to share this commitment.

This role carries a specific safeguarding responsibility, and the post-holder is required to undergo a full enhanced DBS check, as well as providing proof of right to work in the UK.

### **Safer Recruitment:**

Truro City Football Club is an equal opportunity employer, and is committed to ensuring equal opportunities, fairness of treatment, dignity, work life balance and the elimination of all forms of discrimination in the workplace for all staff and job applicants.

The club aim to create a working environment in which all individuals are able to make best use of their skills, free from discrimination or harassment and in which all decisions are based on merit.

It is our policy to treat all workers and job applicants equally and fairly irrespective of their sex, marital status, civil partnership status, transgender status, sexual orientation, race, nationality, ethnic and national origin, culture, religion, age or disability.

### **To Apply:**

Prospective candidates are requested to send a CV and covering letter FAO of Amy Horton to [info@trurocity.co.uk](mailto:info@trurocity.co.uk)

The closing date for this vacancy is **5.00pm on Friday, November 7 2025**

Truro City Football Club reserves the right to remove this advert before the closing date, should it receive an adequate number of applicants.

