

Volunteer Strength & Conditioning Coach

Hours: ~3 hours/week (combination of training sessions, match days, optional S&C sessions as agreed)

Status: Unpaid volunteer role

Reporting to: Head Coach

Job Description

Role Overview

Support Thunder's performance environment by assisting with S&C delivery at training, match days, and selected additional sessions. Collaborate with coaching staff to enhance player physical readiness, injury prevention, and match preparation.

Key Responsibilities

- Assist in planning and delivering physical conditioning activities tailored to the team's needs.
- Lead warm-ups, cool-downs, and recovery routines during training and match days.
- Monitor player load and fitness through basic metrics.
- Assist players with individual training programme development as required.
- Lead fitness testing and assessments (e.g. strength, speed, agility), including data collection and recording.
- Contribute to injury-prevention programming in consultation with coaching/medical team.
- Assist club in the development of a structured and impactful S and C strategy as part of our ongoing commitment to young player development.
- Maintain a safe, inclusive, and motivating training environment.

Hours & Flexibility

- Training takes place on a Wednesday evening for 90 minutes, matches take place at weekends, with some weekends having 2 matches. Hours would be flexible around the needs of the position.
- Expected commitment ~3 hours/week, but exact schedule flexible to match candidate availability.

Benefits

- Real-world experience in a team performance environment.
- Mentorship from experienced coaches and potential for progression within the sport.

Person Specification

Thunder are seeking someone who will bring a passion for working within a multidisciplinary, performance sport environment. You will demonstrate strong knowledge of strength and conditioning principles, evidence-based practice and a range of coaching skills. Experience within Ice Hockey is desirable but not essential. The club is looking for someone motivated to work to high standards, keen to develop themselves and others, strong communication skills and the ability to work both independently and collaboratively to help nurture the next generation of hockey players.

Category	Essential	Desirable
Education/Certifications	Studying (2nd/3rd year) or Graduate in Sport & Exercise Science, Strength & Conditioning, or related discipline.	UKSCA, BASES, CIMSPA or CSCS/NSCA accreditation
	Equivalent S&C qualification or significant professional experience	Experience with performance monitoring tools (e.g. GPS, timing gates, force plates)
	Enhanced DBS check (or commitment to obtain through the club).	
Experience & Skills	Experience leading or assisting group and individual conditioning sessions.	Previous experience in youth or elite sports environments.
	Strong communication and interpersonal skills.	Experience interpreting or analysing fitness data (e.g. load monitoring, testing results).
	Self-motivated, professional, reliable, good timekeeping.	Previous experience with return-to-play or prevention programming.
Personal Attributes	Enthusiastic, proactive, keen to learn.	Demonstrates adaptability and reflective practice.
	Ability to work independently and as part of a small team.	Committed to continuous professional development.

How to Apply

Please send your CV and a brief cover note outlining:

- Your relevance to the role (e.g. academic background, any practical experience, areas you'd hope to develop).
- Your weekly availability.
- Where you're studying or working (if applicable).
- Any relevant certifications or planned qualifications.

Send applications to:

Lauren Cox – Thunder General Manager

mkthundericehockey@gmail.com

