

Strength & Conditioning Coach

Role Location: National Taekwondo Centre, Manchester

Contract: Permanent, Full Time



Why Join Us

GB Taekwondo is at a pivotal moment in its history. After a significant period of international medal success, the team has recognised that what led to these achievements will not lead to success in the future. It is time to pivot, creating new opportunities in the pathway, strengthening the profile and leveraging the value of our high-performance teams and athletes, and their unique contribution to the Olympic and Paralympic family, whilst maintaining our purity of our purpose...to give the nation's best Taekwondo athletes, and future prospects, a fighting chance of success. Through it all GB Taekwondo aspires to set the bar for good governance in the high-performance arena and was winner of the Sporting Equals 'sports organisation of the year' in 2024.

The Role

This role will provide the delivery and development of strength and conditioning services for GB Taekwondo, working as part of a multi-disciplinary team to create a world class high-performance training environment. The role will involve driving standards in S&C to reflect GB Taekwondo's values and to inform best practice to optimise athlete performance. The role provides the opportunity to operate in a high challenge, high support environment to ensure all athletes achieve their S&C objectives.

About Us

GB Taekwondo is a High-Performance Company, established in 2002 to develop a Taekwondo 'World Class Programme (WCP)', designed to realise the potential of the nation's most promising Taekwondo athletes in major international competition including at the Olympic and Paralympic Games.

Over the last 20 years the organisation has established a world leading Taekwondo combat pathway, that has supported athletes to achieve 10 Olympic and 4 Paralympic medals.

With an athlete cohort spanning a range of ages and experience, and with different combat training origins, this unique organisation is looking for a talented and committed performance leader, to join its Senior Leadership Team and help shape a successful future for these athletes and future generations.

Taekwondo still holds true to its very strong and rich Korean heritage and is one of the most culturally diverse sports in the Games programme being contested internationally by over 200 nations.

As these nations become increasingly sophisticated in targeted medal success, GB Taekwondo is looking to meet this challenge head on, finding new competitive advantage, bringing through the next generation of champions and writing the extraordinary story of their journey through this dynamic sport.

Key Responsibilities

- Work with S&C Coach and Performance Team, to develop the strength and conditioning service delivery and facility provision through the programming and delivery of leading-edge evidence-based strength and conditioning services.
 - Ensure the delivery of the strength and conditioning service effectively meets its commitments to athletes, coaches and Senior Performance Leads including appropriate training objectives.
 - Work with coaches and support staff to deliver an interdisciplinary approach to performance development.
 - Identify and facilitate appropriate communication methods, including workshops, to inform and educate athletes, coaches and Senior Performance Leads in the effective use of strength and conditioning to enhance performance.
 - Work with the S&C Coach and Performance Team, to maintain a comprehensive, indexed database of work conducted with athletes and coaches.
 - Ensure heart rate, RPE, wellbeing and any other load related data is collected and monitored daily.
 - Support the performance team in the process of periodizing, monitoring and reviewing training programs.
 - Support the management of the gym facility and equipment in the site liaising with operational managers on site.
 - Attend, contribute to and provide regular reports at appropriate meetings associated with the programme
 - Work within the rules of professional confidentiality, liaise with athletes, primary care managers, parents, coaches and other support staff as appropriate within the rules of the HCSI Code of Conduct, standards and guidelines.
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What we're looking for

Knowledge & Experience

- Proven experience delivering high-level strength and conditioning programs within high-performance sport environments.
- Demonstrated understanding of the physical demands of sport, with the ability to translate this into sport-specific performance strategies.
- Experience of working as part of an interdisciplinary team, contributing to athlete profiling, performance planning, and injury prevention/rehabilitation processes.
- Proficient in designing, implementing, and monitoring evidence-based strength, speed, agility, power, and recovery programs across various stages of an athlete's development.
- Experience with data collection, interpretation, and the use of athlete monitoring systems (e.g., force plates, HR monitoring, wellness questionnaires).
- Ability to share examples of creating changes that have positively impacted sports performance

Education:

- A minimum of a bachelor's degree in Sport Science, Strength & Conditioning, Exercise Physiology, or a related discipline.
- A relevant postgraduate qualification (MSc or equivalent) is desirable.
- Accredited with a recognised professional body (e.g., UKSCA – or actively working towards accreditation).

Qualities & Competencies:

- Strong interpersonal skills with the ability to build effective working relationships with athletes, coaches, and support staff.
- Excellent communication skills – able to explain complex information clearly to different audiences and adapt messaging to context.

- High levels of personal accountability, integrity, and a commitment to continuous improvement.
- Solution-focused mindset with strong problem-solving skills, particularly in fast-paced or high-pressure environments.
- Passionate about athlete development and able to support both podium-level and pathway athletes with equal enthusiasm.
- Flexible and adaptable with the ability to thrive in a dynamic high-performance culture, including willingness to work evenings, weekends, and travel when required

Please note: This job requires an enhanced criminal records check and written reference(s) in relation to safeguarding/suitability to work with children, as well as continual professional development.

Benefits

- A competitive salary
- 25 day per year holiday allowance which increases with your length of service
- Workplace pension (8% contribution)
- Life Assurance

Ways of working

This is a full-time role based at Ten Acres Lane in Manchester which will require some travel (including overseas); and will include weekend and evening work.

Reports to: Head of Athlete Performance

Closing Date: 12th May

Location: Manchester

Salary: £30,000 - £34,500

Contract Type: Full Time

Hours: 39 Hours Per Week

Please send your CV along with a covering letter to garry.adams@gbtaekwondo.co.uk or by post, marking confidential to HR, GB Taekwondo, National Taekwondo Centre, Ten Acres Sports Complex, Ten Acres Lane, Manchester, M40 2SP.