

Strength & Conditioning Coach

Employer:	GB Boxing
Location:	EIS Sheffield (to include overseas travel)
Salary:	£30,000 - £34,000 (dependent on experience)
Reports to:	Head of Athlete Preparation
Time commitment:	Full-time (1.0 FTE)

SUMMARY

Boxing is one of the oldest sports in the world and has featured in the Olympic Games since 1904. GB Boxing has a successful Olympic record, winning 16 medals (including 6 golds) since its formation in 2008, the most recent being two bronze medals at the Paris Games. The objective of GB Boxing is to win medals at the Olympic Games at LA 2028, and in other major international competitions. To achieve this objective, GB Boxing must build upon recent successes and deliver a World Class Programme (WCP) that identifies the best boxers and supports them in achieving further medal-winning success.

JOB PURPOSE

This role will provide the delivery and development of strength and conditioning services for World Class Programme athletes within Boxing working as part of a multi-disciplinary team to create a world-class high-performance training environment.

The role will work directly with GB Boxing's Head of Athlete Preparation, Lead coaching staff, and other National Governing Body (NGB) / UK Sports Institute (UKSI) performance support staff within GB Boxing to improve performance through developing, implementing and evaluating strength and conditioning programmes that reflect scientific principles as they relate to adaptation, periodisation, peaking, tapering and injury rehabilitation.

MAIN RESPONSIBILITIES

- With guidance from the Head of Athlete Preparation, develop the strength and conditioning service delivery and facility provision for GB Boxing through the programming and delivery of world-class strength and conditioning services.

- Ensure that the delivery of the strength and conditioning service effectively meets its commitments to athletes, coaches and GB Boxing including appropriate training objectives.
- Work with coaches and support staff within GB Boxing to deliver an interdisciplinary approach to performance development
- Travel overseas as required to deliver physical preparation programmes at training camps and during the final preparation (taper) phase leading into competitions, including periods away from home of varying duration
- Where appropriate identify and facilitate appropriate communication methods, including workshops, to inform and educate athletes, coaches, other practitioners and senior leadership at GB Boxing in the effective use of strength and conditioning
- Assist in the creation of educational resources for GB Boxing World Class Programme boxers and coaches that can be housed on an online protected platform
- With guidance from the Head of Athlete Preparation, maintain a comprehensive, indexed database of work conducted with athletes and coaches.
- Attend, contribute to and provide regular reports at appropriate meetings associated with the programme and to key stakeholders
- Work within the rules of professional confidentiality, liaise with athletes, primary care managers, parents and carers, coaches and other support staff as appropriate within the rules of the UK Strength and Conditioning Association (UKSCA) Code of Conduct, standards and guidelines and where appropriate the host organisation.
- Have the willingness to engage with and support continuous professional development in anti-doping, i.e. UK Anti-Doping (UKAD) Accredited Advisor Certification
- Contribute to knowledge development, aggregation and sharing across the organisation to support the development of world class strength & conditioning services and the high-performance system

ROLE COMPETENCES

COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Qualifications		
Degree (or equivalent) in sports science or related subject, specialising in physical preparation of elite athletes	Essential	Sight of certificates
UKSCA accreditation [Accredited Strength and Conditioning Coach (ASCC)]	Essential	Sight of certificates
Higher degree (or equivalent) specialising in the physical preparation of elite athletes	Desirable	Sight of certificates
Experience		
Experience of providing strength and conditioning services (including coaching) to athletes and coaches to improve performance. This experience should include work with national teams and their athletes.	Essential	Application Interview

Experience of analysing the demands of a sport in relation to the performance outcomes and identifying the strength and conditioning requirements. To develop, implement and evaluate strength and conditioning programmes for individual athletes within that sport	Essential	Assessment Interview
Experience of working within a multi-disciplinary team in the delivery of strength and conditioning services to high-performance sport	Essential	Application Interview
Experience of strategic planning including individual programming supported by specific diagnostics and monitoring, which informs the coaching process	Essential	Application Interview
Experience of dealing with national performance programmes within National Governing Bodies of sport	Essential	Application Interview
Experience of working with successful medal-winning Olympic athletes of both genders	Essential	Application Interview
Experience of Boxing-specific demands: weight-making, links with nutrition, return-to-performance with physio	Desirable	Application Interview
Knowledge and Skills		
An understanding of the needs of elite athletes and coaches in a high-performance environment	Essential	Assessment Interview
An understanding of the various sports science and sports medicine disciplines	Essential	Application Interview
Anatomical knowledge and ability to apply this within a strength and conditioning environment	Essential	Application Interview
Knowledge of and ability to teach barbell lifts, supplementary exercises and ground-based drills including how to correct common faults with appropriate diagnostics and monitoring	Essential	Assessment Interview
Knowledge and ability to construct strength, speed/change of direction and fitness-based training schedules both gym and field based, with appropriate diagnostics and monitoring including an indexed database of work conducted with athletes	Essential	Assessment Interview
Ability to modify strength and conditioning programmes according to the results of assessment data, in conjunction with coaches and other support staff	Essential	Application Interview
Ability to scientifically validate and interpret the methodology of test protocols and data and other scientific data	Essential	Application Interview
Ability to communicate complex data in terms that are easily understood by a wide range of audiences	Essential	Application Interview
Good coaching skills including the ability to adapt to the environment to motivate behavioural change and have a positive impact on performance	Essential	Application Interview
An interest in sport and recognition of the importance of promoting and supporting equality, safeguarding and anti-doping within sport	Essential	Application Interview
Skilled in building and maintaining productive relationships with high-performance staff within national governing bodies of sport	Essential	Interview
Can demonstrate knowledge and awareness of Athlete Support Personnel roles and responsibilities under the 2021 World Anti-Doping Code	Desirable	Interview
Having the willingness to engage with and support continuous professional development in anti-doping, i.e. UKAD Accredited Advisor Certification	Desirable	Interview
May be required to work athletes under 18 (Enhanced DBS check required)	Yes	

HOW TO APPLY

If you feel that you have the right attributes to succeed in this role, please forward your CV and a covering letter outlining how you feel your skills and experience would make you an ideal candidate.

Closing date for applications will be Friday 23rd October 2026, and applications should be sent by email to: hr@gbboxing.org.uk.

We would also appreciate it if all applicants could complete the online equality monitoring form in the link below.

[Equality Monitoring Form](#)

GB Boxing believes in fairness and equity and values diversity in all its dealings. We welcome applications from suitably qualified and eligible candidates irrespective of identity including, but not limited to, age, disability, gender reassignment, marriage / civil partnership, pregnancy / maternity, race, religion or belief, sex, sexual orientation.

CONTACT GB BOXING

If you would value an informal conversation about the application process, please email hr@gbboxing.org.uk to arrange a phone call.