



Job Description

Job Title	Sports and Conditioning Coach
Department	Operations
Reports to	Centre Manager
Location	Any City
Salary Range	AUDXXX

About UAC:

Universal Athlete Centre (UAC) delivers Australia's most comprehensive athlete performance system integrating Training, Recovery, and Nutrition (TNR) to optimise physical and mental health for all members.

Our environment brings together coaches, physiologists, and recovery specialists under one roof, built around athlete education, sustainable performance, and community.

About the Role:

We are looking for a motivated and qualified Strength & Conditioning Coach to deliver high-quality training programs for athletes, teams, and members across our UAC Performance Program.

You will design, implement, and monitor S&C programs that align with UAC's evidence-based methodologies, supporting athletes from youth development to elite preparation.

Key Responsibilities

- Deliver safe, structured S&C sessions for individuals and teams.
- Develop periodised training programs using UAC's TNR model.
- Conduct performance testing, data collection, and athlete progress reviews.
- Collaborate with Basketball and Sports Coaches to align S&C and technical work.
- Educate athletes on movement patterns, load management, and recovery.
- Maintain equipment and ensure adherence to UAC safety standards.
- Contribute to content creation and performance education resources.

Ideal Candidate Profile

- Strong understanding of athlete development and load progression
- Energetic, disciplined, and passionate about long-term athlete outcomes
- Excellent communicator who builds rapport with athletes and teams
- Enjoys working collaboratively with coaches and performance staff
- Committed to continual education and representing UAC's professional standards



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Qualifications and Criteria

Requirement	Details
Minimum Qualification	ASCA Level 1 (Strength & Conditioning) or higher
Preferred Education	Bachelor's Degree in Exercise Science, Sports Science, or related field
Experience	Minimum 2 years S&C coaching experience (academy or semi-professional)
Certifications	First Aid & CPR; Working With Children Check (WWCC)
Technical Skills	Program design, testing protocols, data tracking, movement assessment
Soft Skills	Leadership, communication, professionalism, teamwork
Systems	GymMaster (preferred), Excel/Google Sheets, performance tracking tools

What We Offer

- Opportunity to coach across multidisciplinary UAC programs (youth to elite)
- Mentorship and professional development via UAC Education Pathway
- Access to world-class recovery tools and facilities
- Competitive hourly rates and potential for contract extensions
- Be part of Australia's growing integrated performance network

How to Apply

Submit your resume, coaching credentials, and a short cover letter outlining your coaching philosophy to:

 [Insert Club/Manager Email]

Subject Line: S&C Coach Application – [Your Name]