

What is a

Strength and

Conditioning Coach?

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Meet Dave, a Strength and Conditioning coach for Coalition Performance.

Former Leicester Tigers Strength and Conditioning coach Dave Cripps worked hard to land his dream job in rugby union. Now working for Coalition Performance, he explains how he did it.



What is the specific role of the strength and conditioning coach?

Our role was simply to ensure we were developing players who were as athletic as they can be for the demands of rugby union. Players who play week in, week out have to remain at that peak level in terms of athleticism. Other players, perhaps younger players or those on the fringe of the team are trained and developed differently to ensure they're heading in the right direction.

What do you enjoy most about your job?

My greatest pleasure is managing my group of players. I looked after ten players in the squad, most of which I had worked with for three or four years and I've seen them improve and achieve what they've wanted to, so that was the most rewarding thing.

What advice would you give to anyone looking pursuing a sports science career?

You have to be really motivated because the hours will be long and the pay won't be great at first. It's probably better to assume that it's going to be harder to get the dream job than you think. You might have to volunteer to begin with because it's very competitive. Your degree won't be enough on its own, so get as much experience as you can and be prepared to work to get to the top. Remember, it's not just about sports science knowledge, it's about engaging athletes and working on your people skills.

COALITION
PERFORMANCE

Average Salary:

£18,000 to £60,000 per year

Weekly working hours:

39 to 41 irregular. You could work:
evenings / weekends / bank holidays

Future need for this role:

There will be 3% more sports science
jobs in 2025.

Industry:

Sports Science