



## **STRENGTH AND CONDITIONING COACH (WOMENS TEAM)**

### **Job Description**

**Job title:** Strength and Conditioning Coach (Women's Team)

**Reporting to:** Football Manager

**Location:** Imperial Fields/Plough Lane

#### **Role Description:**

AFC Wimbledon is a professional football club based in Wimbledon, London, with an astonishing history, having been reformed in 2002 to continue 135 years of Wimbledon sporting representation.

In 2020 the club returned home to Plough Lane, Wimbledon - to the brand-new Cherry Red Records Stadium - a purpose-built long-awaited modern stadium with 9,000 capacity and excellent corporate and event facilities, funded by the dedicated contributions of its fans.

The original Wimbledon FC played just yards away for 70 years and achieved worldwide fame by going from non-league to the Premiership, and beating Liverpool in the 1988 FA Cup Final. Owned by its fans through membership of The Dons Trust, AFC Wimbledon exemplifies community spirit and fan engagement - with award-winning community schemes and charitable endeavours alongside its sporting achievements.

AFC Wimbledon Women is part of the AFC Wimbledon family. The team play in the FA Women's National League Southern Premier Division, the third tier of women's football.

We train at Tooting & Mitcham United FC's Imperial Fields, and our games are split between Imperial Fields, and the Cherry Red Records Stadium, Plough Lane. Away fixtures are played across the south of England and Wales.

AFC Wimbledon Women are looking to recruit a part-time strength & conditioning coach to join our team. The successful candidate would work alongside our football and support staff, and will play a key role in player fitness, injury prevention, and return-to-play processes.

## **Key Responsibilities:**

- Plan and deliver S&C sessions during Tuesday and Thursday training
- Support players on matchdays
- Design and implement personalised training programmes for players
- Work together with the Head of Medical to support players with return-to-play and rehabilitation-to-performance processes
- Monitor player fitness, workload, and physical performance
- Contribute to injury prevention strategies
- Communicate effectively with coaches and support staff

## **Knowledge and Experience**

- BSc Strength & Conditioning **OR** BSc Sports Science and Level 3 Personal Trainer Coach **OR** UKSCA trainer qualification (essential)
- Experience working with sports women (preferred)
- Strong communication skills
- Commitment to schedule

## **Key requirements**

- You will be required to undertake a Disclosure and Barring Service Check at the appropriate level prior to starting work.
- Excellent communication and interpersonal skills.

## **ADDITIONAL INFORMATION**

The successful candidate will be paid £375 per month in capped travel expenses. They will also receive kit and equipment as necessary for the undertaking of the role.

Closing date: Friday 23 January 2026

How to apply: email your CV and a cover note to [women@afcwmbledon.ltd.uk](mailto:women@afcwmbledon.ltd.uk)

AFC Wimbledon is committed to the principle of equal opportunity in employment and its employment policies for recruitment are designed to ensure that no job applicant or employee receives less favourable treatment on the grounds of age, disability, gender re-assignment, marriage and civil partnership, pregnancy and maternity/paternity, race, religion or belief, sex or sexual orientation.

AFC Wimbledon is committed to safeguarding all children, young people and adults at risk involved in its activities and events. The group recognizes its responsibility to safeguard the welfare of vulnerable groups by a commitment to procedures to protect them. The group additionally expects all staff and volunteers to fully support and promote these commitments.

