

## CAREER OPPORTUNITY

SporTT is seeking to recruit a suitably qualified individual for the following position in the Elite Athlete Wellbeing Unit:

### **SPECIALIST, STRENGTH AND CONDITIONING**

#### **JOB SUMMARY:**

The **Specialist, Strength & Conditioning**, is required to develop and execute strength and conditioning programmes and to improve sport athlete performance and rehabilitation through application of scientific principles as it relates to physical development and athletic improvement.

#### **ROLES AND RESPONSIBILITIES**

- Design and implement strength training and conditioning programmes and athletic programmes in a manner that reflects research-driven practices and SporTT long-term athletic/fitness development model in conjunction with the Supervisor, Strength and Conditioning.
- Conduct needs analysis for each sports team in conjunction with the Sports Coach and the Sport Scientist and in conjunction with the Supervisor, Strength and Conditioning.
- Create and distribute all individual workout sheets given to each assigned sport/athlete.
- Collect and maintain comprehensive records for athletes participating in strength and conditioning programs, as well as a longitudinal report provided following the administration of performance testing.
- Collaborate with internal stakeholders, to ensure holistic care for elite athletes.
- Work closely with coaches from various sports teams to align strength and conditioning programs with the overall goals and objectives of the athletic program as well as training cycles.
- Work cooperatively with coaches and other consultants in developing the programs to reduce the occurrence of injuries while improving the performance of their athletes.
- Stay informed about current trends, research and best practices in strength and conditioning.

## QUALIFICATIONS

- BSc. in Strength & Conditioning, Sports Science, Exercise Science or Kinesiology
- Certified Strength & Conditioning Specialist Certification (from NSCA) or Strength & Conditioning Coach from UKSCA or ASCA is preferred
- Certified Strength & Conditioning Coach – ISSA in combination with experience
- CPR/AED certification required
- Or
- Any equivalent combination of experience and training

## EXPERIENCE

- Minimum of three (3) years' expertise experience in strength and conditioning programming in high-performance sport.
- Must know how to operate strength training equipment and sports aid equipment.

## KNOWLEDGE, SKILLS AND ABILITIES

- Ability to establish and maintain effective working relationships with athletes, staff, NGB's, parents and other stakeholders.
- Evidence of strong organizational skills and effective oral and written communication skills.
- Knowledge of current NSCA Strength and Conditioning Professional Standards and Guidelines.

Applications with full resumes should be sent to:

**The Human Resource Department**  
The Sports Company of Trinidad and Tobago Limited  
National Cycling Velodrome, Off Couva Main Road, Balmain, Couva, Trinidad and Tobago  
Email: [recruitment@sportt-tt.com](mailto:recruitment@sportt-tt.com)

Deadline for submission of applications:

**No later than:**  
**Tuesday 30<sup>th</sup> December 2025**