

CAREER OPPORTUNITY

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

SUPERVISOR, STRENGTH AND CONDITIONING

JOB SUMMARY:

The **Supervisor, Strength and Conditioning** is responsible for establishing and maintaining a strength and conditioning programme for all sports, with the three major goals of improving athletic performance, reducing athletic injuries and coaching lifelong fitness and movement skills.

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 models.
- Oversee and conduct need analysis and evaluation for each client athlete / team in conjunction with the sports coach and sport scientist.
- Conduct an annual evaluation of departmental staff, including the design of professional developmental activities.
- Work in cooperation with the appropriate technical staff in the rehabilitation and strengthening of injured athletes.
- Facilitate a collaborative relationship among sports coaches, sports medicine, and the strength and conditioning staff, alongside other professional within the unit e.g. Sport Psychology and Sport Nutrition.
- Develop systems for tracking and recording athlete attendance and progress in conjunction with the sports coaches.
- Collaborate with other members of the wellbeing team to ensure holistic care for clients.
- Development and facilitation communication methods, including workshops, to inform and educate athletes, coaches and national governing bodies in the effective use of athletic performance services.
- Maintain the strength and conditioning facility and establish policies, plans, and procedures for the safe and professional operation of the facility.



QUALIFICATIONS

- Master's degree in Strength & Conditioning, Sport Science, Sport Exercise, Kinesiology or related field is considered an asset
- A current relevant professional certification credentialed by an independent accreditation agency— for example, the NSCA Certified Strength and Conditioning Specialist® (CSCS®) Certification
- Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications
Or
Any equivalent combination of experience and training

EXPERIENCE

- Minimum of five (5) years' expertise experience in strength and conditioning programming for elite athletes.
- Must know how to operate strength training equipment, automated external defibrillator (AED), 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

Deadline for submission of applications:

No later than:
Tuesday 30th December 2025