



Mardyke Arena

UNIVERSITY COLLEGE CORK

WE'RE HIRING

Physical Performance Coach

Sports Scientist / Strength & Conditioning

Help Athletes Turn Potential into Performance

LOCATION

Mardyke Arena UCC, Western Road, Cork

CONTRACT

Seasonal (32 hrs/wk Sep–Apr; 24 hrs/wk May–Aug)

REPORTS TO

High-Performance Manager

CLOSING DATE

Friday, 30 October 2026

Join the High-Performance team at Mardyke Arena UCC. Bring your coaching expertise, scientific insight and energy to a role where your work makes a measurable difference to athletes.

We are seeking a Physical Performance Coach who can connect evidence-based sports science with outstanding coaching—turning performance data into purposeful programmes and helping athletes develop the strength, speed, power and confidence to progress.

Based at Mardyke Arena UCC in Cork, you will work with high-performance and talent-identified athletes across a range of sports, reporting to our High-Performance Manager.

THE OPPORTUNITY

This is a hands-on role combining gym and field coaching with performance testing, athlete monitoring and data analysis. You will also contribute to new athlete development programmes, education events and the continued growth of our High-Performance services.

You will:

- Design and deliver individual and squad programmes for strength, speed, power and conditioning.
- Lead engaging coaching sessions that develop movement quality and technical excellence.
- Use performance testing and monitoring technology to guide training and track progress.
- Translate athlete data into clear reports and practical recommendations.
- Collaborate with physiotherapists, the UCC Sport Scientist and coaching teams to support recovery and return to performance.
- Help develop athlete pathways, workshops and new High-Performance initiatives.

WHAT YOU WILL BRING

We are looking for a coach who builds trust, motivates athletes and brings curiosity, initiative and high standards to their work.

Essential qualifications

- A BSc in Sports Science, Strength & Conditioning, Exercise Science or a closely related discipline.
- A recognised S&C accreditation, such as UKSCA, CSCS or ASCA.

Experience and skills

- Proven experience coaching athletes and squads within high-performance or talent development pathways.
- Strong programme design, delivery and evaluation skills.
- Proficiency in S&C software, data tools and performance technology, including Power BI, velocity-based training and force plates.
- Clear communication, sound judgement and a collaborative approach.
- A commitment to ongoing learning and applying emerging research to coaching practice.

CONTRACT AND WORKING HOURS

Seasonal contract with hours varying across the year:

- **September–April:** 32 hours per week
- **May–August:** 24 hours per week

The role combines active coaching with office-based planning and analysis. Flexible availability is required, including early mornings, evenings, weekends and occasional holiday periods, in line with athlete schedules.

Location: Mardyke Arena UCC, Western Road, Cork, Ireland

Reports to: High-Performance Manager

WHAT WE OFFER

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| ✓ 20 days paid annual leave (pro-rata) | ✓ Membership of the Arena facilities |
| ✓ Generous company pension scheme | ✓ Ongoing training and career development |
| ✓ Discounted health insurance with Laya Healthcare (T&Cs apply) | ✓ Exclusive staff discount programme |
| ✓ Employee Assistance Programme | |

Ready to make an impact?

Send your CV and a brief cover letter outlining your suitability to mardykehr@ucc.ie

Application deadline: Friday, 30 October 2026

Bring the science. Deliver the coaching. Help shape the performance.