



WYCOMBE  
ABBEY

Strength and  
Conditioning Coach

September 2026

Information for Applicants



# Consider Wycombe Abbey

Wycombe Abbey is an exceptional place; we operate as a modern full boarding school for around 650 girls, and we are committed to the development of each one. We have over 125 years of experience in educating young women and our vision remains to provide our pupils with a world class education. We are excited about encouraging curiosity, bold ideas, innovation, leadership and delight in learning - inside and outside the classroom.

We are a welcoming and vibrant community for all staff. Our school is set in 170 acres of parkland within a five-minute walk of the town of High Wycombe. We offer superb modern facilities, including a sports centre, a performing arts centre, a wide range of teaching facilities and 11 boarding houses. We are constantly improving our site and, through our new visionary masterplan, we will see the creation of a truly world-class campus over the next decade.

Wycombe Abbey's outstanding reputation for excellence is built on the dedication and skills of the people that work at the School. Every member of staff at Wycombe Abbey contributes towards the School's thriving community and works to continually strengthen our ambition for excellence. We seek to recruit well-qualified and enthusiastic staff who demonstrate knowledge of, and passion for, their area of expertise and contribute to the wider life of the School. In return, the School provides staff with a wide variety of opportunities to develop professionally within a supportive team and wonderful working environment. Please do watch the video to hear more from the staff themselves about working at the School.

Superb academic outcomes are the hallmark of a Wycombe Abbey education and girls regularly secure places at the most prestigious universities globally. However, we understand the importance of looking beyond the narrow confines of excellent examination results to define success. Our rich co-curricular programme includes an array of activities and opportunities, ensuring that every girl develops her passions and explores new possibilities. These experiences, in turn, help to build the skills, discipline and character that will support her future life.

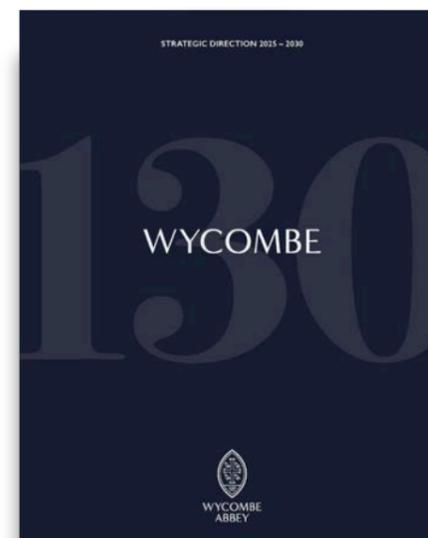
Ultimately, schools are about people and at the heart of Wycombe Abbey's success is our total commitment to pastoral care through boarding. The core values of trust, encouragement and mutual respect underpin everything we do; in this happy and close-knit community everyone is known as an individual, friendships flourish and girls enjoy each other's company.

Thank you for your interest in joining Wycombe Abbey. We hope that you will find the information in this pack useful, and we look forward to hearing from you if you feel that this post may suit your skills and experience.

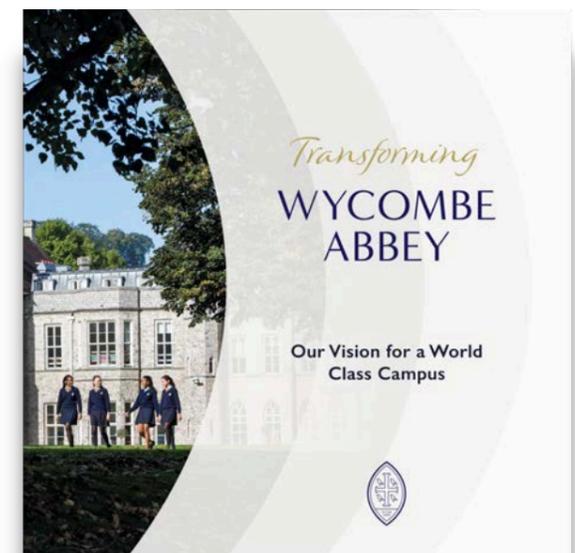
Mrs Jo Duncan  
Headmistress



[Watch our film to hear why you should consider working at Wycombe Abbey.](#)



[Read our Strategic Direction](#)



[Read about our Masterplan](#)



# Our Values

Our values are the principles that guide the way we interact with other individuals and groups and are especially important in a boarding community like ours.

These are the values that shape our school.

Trust – we foster strong relationships built on trust through good communication, willingness to listen and honesty.

Encouragement – we promote a positive atmosphere where all members of the community are supported to develop and fulfil their potential.

Mutual Respect – we seek to understand and embrace differences in people, ideas and experiences with tolerance and understanding.

Dynamism – we are a forward-thinking school that nurtures the leaders of tomorrow for a global workplace.

Excellence – we believe in the importance of striving to be exceptional in whatever we do through the setting of ambitious goals and taking ownership of our decisions and actions.

Balance – we understand the importance of supporting staff and pupils to thrive by maintaining a healthy mind and body.

Innovation – we are excited about creating the future through being open-minded, curious and embracing change.

Service – we recognise the great rewards that individuals reap in helping, supporting and giving to others both within the School community and beyond it.



# Working at Wycombe Abbey

Wycombe Abbey is an exceptional place to work. Set in 170 acres of beautiful Buckinghamshire parkland, the School aims to encourage all staff to develop their talents within an inspiring, fulfilling and caring community.

In total, approximately 420 teaching and support staff are employed at the School on either a full or part-time basis. Each year a number of newly qualified, and in some cases unqualified, recent graduates join the staff body. There is proactive support for all new members of staff, who are guided through their first year at School by a variety of colleagues, with the line manager and an individually-appointed mentor taking the lead.

Staff wellbeing is a key focus for the School with the Headmistress taking a lead role in this area. Our core values of trust, encouragement and mutual respect shape our interactions with each other and those outside the School.

Professional development is highly valued at Wycombe Abbey and all staff are encouraged to participate in a vibrant and robust professional development programme offering a range of opportunities including inspirational speakers, workshops, accredited courses, conferences, coaching and mentoring.

All staff at Wycombe Abbey are encouraged to embrace and be part of boarding school life and are linked to a boarding house when they join. Staff are welcome to participate in House activities, such as trips and events and all are invited to School events throughout the year.

During the School holidays, a number of commercial activities and external programmes take place on School grounds. These activities are important for our community engagement and revenue generation. All staff are expected to support these operations as required.

We provide a variety of employee benefits which we are continually adding to, some of which are listed below.

## Benefits of Working at Wycombe Abbey

- A focus on staff wellbeing with a dedicated Wellbeing Committee chaired by the Headmistress. Events and activities include regular get togethers, a walking club and book-swap.
- Free parking provided on-site.
- Free use of the Sports Centre including swimming pool, gym and courts/pitches.
- Fee remission for daughter(s) who are eligible and meet the School's entrance criteria is applicable.
- Prep School Fee Remission is available with selected preparatory schools for children who are eligible and meet the relevant entrance criteria is available.
- All eligible staff enrolled automatically to the School's Defined Contribution pension scheme.
- Invitations to school productions and concerts throughout the year.
- Salary sacrifice on electric vehicles.
- Easy access to London (24 minutes to Marylebone), the Chiltern Hills and attractive towns such as Marlow, Henley-on-Thames and Beaconsfield. Heathrow is also just 20 miles away plus good transport links to other London airports.
- Provision of meals and refreshments all year.
- Provision of laptop during tenure at the School.
- Generous training and development scheme with regular whole staff in-house and external training.
- Free eye tests.
- Use of the School Library to borrow books.
- Access to the Employee Assistance Programme.
- Cycle to work scheme.
- Free will writing.

# University Destinations and Results

Wycombe Abbey has a long tradition of academic success. The learning environment is supportive, yet challenging, and our teaching specialists communicate a genuine love of their subject, encouraging all our pupils to pursue an intellectual curiosity beyond the curriculum.



Examination Results  
and University Destinations

2025

[Click to see results and destinations](#)



# The Role: Strength and Conditioning Coach

Wycombe Abbey seeks to appoint a well-qualified, enthusiastic Strength and Conditioning Coach who will work closely with the Director of Performance and Athletic Wellbeing to deliver athletic development support to pupils. This will be through delivering gym-based Strength and Conditioning sessions that align with the School's athletic development principles and athletic development sessions with the School sports teams.

**Reports to:**

Director of Sport.

**Contract:**

This is a part-time, permanent contract.

**Hours of Work:**

Preferred working hours: Tuesday, Thursday and Friday 11:30 – 19:30.

These days/hours are flexible and could be condensed into two full working days, if required.

**Holiday:**

This is a term-time role plus 4 weeks in the School holidays.

**Salary:**

£12,750 - £15,000 per annum (£25,500 - £30,000 per annum FTE) dependent on experience.

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## Key Responsibilities

**Main Duties:**

- Collaborate with the Director of Performance and Athletic Wellbeing to design, deliver and evaluate athletic development sessions, for pupils of all ages and abilities.
- Carry out physical profiling of athletes to inform training and development.
- Support sport teams with on pitch/court athletic development sessions through delivering aspects of sessions including warm-ups, speed, agility and conditioning.
- In consultation with the Director of Performance and Athletic Wellbeing and the Health and Wellbeing Centre, support pupil injury rehabilitation and return-to-play plans from our physiotherapy partner, external Physiotherapists or Sports Therapists.
- Work with the Director of Performance and Athletic Wellbeing, and PE department in building a strong culture of athletic development within Wycombe Abbey, and develop upon the framework of best practices.
- Work collaboratively with fellow staff and sport coaches, communicate diligently with staff, teachers, pastoral staff and parents as required regarding pupils' training, development and needs.



# The Role: Strength and Conditioning Coach

## Key Responsibilities continued

- Assess, record and report as required on the development, progress and attainment of pupils.
- Contribute to an effective athletic development structure and engage actively in continuous professional development and the development of Wycombe Abbey sport.
- Act in a professional manner, maintaining good order and discipline among pupils and safeguarding their health and safety, both when they are on the School premises and when they are engaged in authorised School activities elsewhere.
- Undertake any other reasonable duties to support physical development of pupils at Wycombe Abbey, by agreement with the Director of Sport.
- Have an appreciation of the aims and ethos of Wycombe Abbey.

## Person Specification

### Specialist Knowledge and Experience

- A minimum 2:1 degree in Strength and Conditioning or Sport Science.
- Relevant coaching qualifications such as UKSCA S&C Trainer, UKSCA Accreditation, IUSCA Level 4, or CSCS.
- Experience of designing and delivering strength and conditioning sessions and programmes, particularly for youth athletes.
- Experience of working with youth sports teams, across a range of sports (netball or lacrosse in particular).
- Experience of coaching both beginner and competent athletes.
- Experience of coaching individual and group sessions.

### Skills and abilities

- Ability to identify key areas of focus, pertaining to strength and conditioning, for sports performance, youth athletic development and translate into effective operational delivery in terms of planning, programming and coaching.
- Competent at delivering strength and conditioning that is underpinned by sound scientific evidence.
- Excellent knowledge of long-term development practices for youth female athletes.
- Basic ability to critically analyse objective data to inform strength and conditioning practice.
- Adaptable to the dynamic demands of a school environment and the needs of youth athletes.
- Outstanding communication skills in a variety of environments.
- Well-developed administrative (Excel, Word, PowerPoint) and organisational skills.
- Awareness of safeguarding legislation, issues and full commitment to safeguarding practice.

### Desirable

- Experience of delivering athletic development in a school environment.
- Knowledge of female health and supporting female athletes.

## Safeguarding

Wycombe Abbey is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. The successful applicant will be subject to an Enhanced Disclosure and Barring check.



# Terms of Appointment

A formal contract of employment will be drawn up on appointment.

- Contract
  - This is a part-time, permanent contract. The first six months will be a probationary period.
- Appointment Date
  - September 2026.
- Salary
  - £12,750 - £15,000 per annum (£25,500 - £30,000 per annum FTE) dependent on experience.
- School Fee Remission
  - Fee remission for daughter(s) who are eligible and meet the School's entrance criteria is available.
- Prep School Fee Remission
  - Fee remission with selected preparatory schools for children who are eligible and meet the relevant entrance criteria is available.
- Pension Scheme
  - The School offers membership of the School's Defined Contribution Pension Scheme.
- Death in Service Cover
  - Life cover at 4 x annual salary, subject to contributing to the Pension Scheme.
- Equal Opportunities
  - It is the policy of Wycombe Abbey to ensure equality of opportunity for all members of staff, both teaching and non-teaching.
- Safeguarding
  - All staff share responsibility for promoting and safeguarding the welfare of pupils and must adhere to, and comply with, the School's Safeguarding and Child Protection Policy at all times.
- Pre-Employment Checks
  - The appointment is subject to an Enhanced Disclosure and Barring check.



# Wycombe Abbey Community

Wycombe Abbey is a welcoming and vibrant community of 420 teaching and support staff.

Our School is set in 170 acres of parkland within a five-minute walk of the town of High Wycombe. There is easy access to London, the Chiltern Hills and attractive towns such as Marlow, Beaconsfield and Henley-on-Thames nearby.

There are many National Trust properties within five miles such as Hughenden Manor, Disraeli's home for many years, West Wycombe Park and Cliveden.

There are outstanding primary, prep, and secondary (including grammar) schools in High Wycombe itself and also in surrounding towns. London is within easy reach, with the fast train from High Wycombe to London Marylebone taking just 24 minutes. Oxford and Bicester Village are within 30 miles, with a direct train link. Wembley Stadium and Heathrow are just 20 miles away and there are good transport links to other London airports..

There is a range of committees that staff can join including Staff Wellbeing, Equality, Diversity and Inclusion, CPD and others. The Staff Wellbeing Committee organises staff wellbeing and social events on a regular basis, which are well attended.



Follow us on social media:  
@WycombeAbbey



Closing date: 19 April 2026

Interviews: 29 April 2026

To apply, please fill in an online application  
by clicking Apply Now.

We are an equal opportunities employer.  
Registered Charity No. 310638

We are a Disability Confident Committed Employer.

[Apply Now](#)



If you have any questions, please do not hesitate to contact  
the HR Team on 01494 895575  
or [hr@wycombeabbey.com](mailto:hr@wycombeabbey.com).

