

20/02/2026

## Foundations of Strength and Conditioning *Tutor Application Form*

Thank you for your interest in becoming a Foundations of Strength and Conditioning course tutor. Before completing this application, please take the time to review the course information sheet which details course requirements, content and structure.

Following a successful pilot in November 2025, we are now recruiting Welsh Gymnastics tutors who will be onboarded throughout 2026 via courses delivered by Sport Wales. 2027 will see all courses delivered by our WG tutors.

### **Tutor Requirements:**

Age- 18+

Coaching qualification- Level 2+ in any discipline

Strength & Conditioning Qualification- A qualification in Strength and Conditioning OR Level 3 Personal Training

Or

Strength & Conditioning Education- Formal education completed in Strength & Conditioning

### **Tutor Fees and Expenses:**

Contract- Contract of Services

Salary- £120 per course

Expenses- Fuel costs covered anything over 120 miles

### **Timeline:**

Please complete either the PDF or Word version of this application and return to [performance@welshgymnastics.org](mailto:performance@welshgymnastics.org) by **08/03/2026**. Following a selection panel during the wc **09/03/2026**, you will be contacted as to whether you have been successful and will be invited to attend a short online informal interview. Following this, you will be sent course dates throughout 2026 where you will be required to attend a minimum of 3 courses. On the first course, you will participate as a learner\*, the second course you will take on a shadowing role, and the third course you will co-deliver.

Candidates will be reviewed throughout the courses with feedback fed back to Welsh Gymnastics. Recruitment will not be guaranteed and finalised until after this full process.

*\*£60 course fee will be required for the first course and will be refunded following 100% engagement with the recruitment process.*





**Application:**

Section 1- Personal Details

Forename(s)	
Surname	
Address	
Phone Number	
Email Address	
Membership Number	
Club (If applicable)	
Maximum distance willing to travel to deliver courses (miles)	

	Yes / No	Expiry Date
Safeguarding and Protecting Children		
DBS		

*\*All applicants will need to pass safe recruitment checks with the Safeguarding team.*

Section 2a- Qualifications

*Please detail your gymnastics coaching qualifications in the box below; state all if more than one.*

Section 2b- Qualifications / Education

*Please detail your Strength and Conditioning or Personal Training qualifications/education in the box below. There is not an exhaustive list of accepted qualifications, but we do require a level of education in the field. This does not just have to be degree based. We may contact you to share the content of the course you completed. Your qualification will be verified and content checked. Welsh Gymnastics reserve the right to not accept a qualification following a content review.*



### Section 3- Knowledge and Experience

*Please outline your knowledge and any experience of tutoring, teaching, presenting, instructing, and facilitating that are relevant to the role. Also include any relevant delivering experience you have in S&C environments. Include paid and voluntary experience.*

### Section 4- Skills and Attributes

*Describe the skills, competencies and attributes you have which make you suitable for this role. E.g. Coaching & Technical excellence, course delivery and facilitation, communication, planning/organisation/time management skills, reflective practice, safe practice etc.*