



Strength & Conditioning Coach

Location: Dombivli, Maharashtra

Organisation: Bhoir Gymkhana

Employment Type: Full-Time / Part Time

Contract Duration: 1 June 2026 – 30 May 2027

Reporting To: Founder, Bhoir Gymkhana

About the Organisation

Bhoir Gymkhana is a **Khelo India-accredited Gymnastics Academy** based in Dombivli, Maharashtra, with a legacy of over four decades in athlete development. The academy has trained over **4,000 gymnasts** and produced **40+ international athletes, 150+ national-level athletes, and 250+ state-level athletes**, with representation at the Commonwealth Games, Asian Games, World Championships, and World Cups.

The academy is currently supported under the **UBHAR Programme**, an institutional strengthening initiative led by **GoSports Foundation** and supported by **Tata Trusts**, aimed at strengthening athlete development systems, governance, operations, and long-term organisational sustainability.

As the academy strengthens its athlete development ecosystem, there is a growing need for specialised sports science support to improve athlete performance, physical preparedness, and injury prevention. The Strength & Conditioning Coach will play a key role in integrating scientific training practices within the academy's athlete development programme.

Role Purpose

The Strength & Conditioning Coach will be responsible for enhancing the physical development, performance, and long-term athletic readiness of gymnasts through structured strength, conditioning, mobility, and injury prevention programmes. Working closely with coaches and athletes, the role will contribute to athlete preparation, recovery, movement quality, and overall physical wellbeing.

The academy encourages applications from Strength & Conditioning professionals as well as Sports Physiotherapists with experience in athlete development, conditioning, and performance support.

Key Responsibilities

Athlete Development & Conditioning

- Design and implement age-appropriate strength and conditioning programmes.
- Improve athlete strength, power, endurance, mobility, stability, coordination, and movement quality.
- Conduct structured warm-up, recovery, and conditioning sessions.
- Support athlete preparation during training and competition phases.

Injury Prevention & Athlete Wellness

- Implement injury prevention and movement screening protocols.
- Monitor athlete workload, fatigue, and physical readiness.
- Support recovery, mobility, and return-to-training processes.
- Collaborate with coaches to manage athlete health and training loads.



Assessment & Monitoring

- Conduct periodic fitness and physical performance assessments.
- Maintain athlete fitness and performance records.
- Track physical development and identify areas for improvement.
- Provide recommendations to coaches regarding athlete readiness and physical development priorities.

Preferred Qualification

Option 1

- Bachelor's or Master's degree in Sports Science, Exercise Science, Strength & Conditioning, Physical Education, or a related field.

Option 2

- Bachelor's Degree in Physiotherapy (BPT) or Master's Degree in Sports Physiotherapy with demonstrated experience in athletic development and conditioning.

Preferred Skills

- Strong understanding of strength and conditioning principles.
- Knowledge of athlete development pathways and physical preparation.
- Experience in mobility training, injury prevention, and recovery management.
- Ability to conduct fitness assessments and monitor athlete progress.
- Strong communication and collaboration skills.

Desirable Skills

- Certification in Strength & Conditioning, Athletic Development, or Sports Performance.
- Experience working with gymnasts or athletes in skill-based sports.
- Experience in sports physiotherapy, rehabilitation, or return-to-play management.
- Understanding of long-term athlete development and workload management.

How to Apply

Interested candidates may send their CV to:

Email: bhoirgym1101@gmail.com

CC: ubhar.support@gmail.com, pawanbhoir@gmail.com

Application Deadline: 15th June 2026