



the Luxembourg Institute for High Performance in Sports (LIHPS)

recruits, with an intended entry date as soon as possible,

1 strength & conditioning trainer (m/f/d)

(permanent contract – full-time)

Main tasks:

- To carry out and accompany the day-to-day strength & conditioning training for Luxembourg's top athletes under the guidance of the Head of Performance.
- To develop exercise routines and strength & conditioning programs that help to increase performance and enhance motoric skills while helping to reduce injuries.
- To perform regular tests to assess individual abilities as well as strengths and weaknesses in order to individualise training programmes and evaluate the athletes' performance.
- To communicate with athletes and coaches about training development in order to provide appropriate recommendations and guidance.
- To contribute to an innovative and data-informed culture of high-performance training.
- To assist in the coordination of LIHPS support activities.
- To work as an integral member of a team of dedicated LIHPS experts in all relevant areas of high-performance sport.
- To foster a climate of trust, collegiality and cooperation among all stakeholders involved.

Required qualifications:

- Master's degree in sports science or another sports-related subject.
- Professional experience in high performance sports, in particular in the development and management of sport-specific strength & conditioning programs.
- Strong openness to innovative technologies and performance-related IT tools used in modern high-performance environments.
- Continuing professional development in a sport science related field is desired.
- Certification as a sports coach is an advantage.
- Good knowledge of English is required; French, German or Luxembourgish are an advantage.
- Flexibility, excellent communication skills, and the ability to work in a multidisciplinary high-performance environment.
- Ability to work independently and as part of a team.

Interested candidates are invited to send their applications with CV, cover letter and copies of certificates and diplomas by 2 March 2026 to:

Luxembourg Institute for High Performance in Sports
M. Alwin de Prins
3, route d'Arlon
L-8009 Strassen
or info@lihps.lu