

Strength & Conditioning Coach

Tom Smith

Tom is a Strength and Conditioning coach with experience working with a wide array of athletes from multiples sports ranging from elite to amateur level. Alongside working privately as a Strength and Conditioning Coach here at Winchester Racquets and Fitness, Tom is also currently employed as a strength and conditioning coach at Southampton Football Club. Through his company, SHP Fitness, Tom provides strength and conditioning support to elite and amateur athletes both youth and senior from sports including: Tennis, Football, Rugby, Cricket, Squash, Track and Field, Netball, Badminton, Boxing, Golf, Cycling and Marathon preparation.



Tom is available for private sessions on a limited basis at Winchester Racquets and Fitness and is contactable at tom@shpfitness.co.uk for enquiries.

Specialist Areas of Fitness

- Physical Preparation for Sport
- Exercise Technique Analysis
- Injury prevention and rehabilitation (return to play)

Qualifications:

- MSc Athletic Development and Peak Performance
- BSc (Hons) Sports and Exercise Science
- UKSCA Accredited Strength and Conditioning Coach
- NSCA Certified Strength and Conditioning Coach

