# Blackburn Rovers Ladies Football & Athletic Ltd
## Job Description

<table>
<thead>
<tr>
<th>Job title:</th>
<th>U14/16 Performance Coach</th>
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<tbody>
<tr>
<td>Department:</td>
<td>Blackburn Rovers Girls’ Regional Talent Club (RTC)</td>
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<tr>
<td>Based at:</td>
<td>UCLAN Sports Arena, Tom Benson Way, Preston, PR2 1SG. Flexibility regarding location is required.</td>
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<td>Reports to:</td>
<td>Technical Director</td>
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<td>Responsible for:</td>
<td>N/A</td>
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<td>Hours of work:</td>
<td>Monday: 6:00pm – 9:00pm Wednesday: 6:00pm – 9:00pm Saturday: Matchdays – times may vary depending on location.</td>
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<td>Contractual Status:</td>
<td>Permanent</td>
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### 1. Job purpose:
Responsible for the Sports Science programme of Blackburn Rovers Girls RTC under 14s and under 16s.

### 2. Duties and responsibilities:
- To be committed to ensuring the safeguarding and welfare of all elite players, promoting their well-being whilst maintaining professional boundaries;
- Ensure the programme is regularly reviewed and fitness testing results are sent to all age group Head Coaches in a timely manner;
- Work according to Blackburn Rovers Girls RTC philosophy and values;
- Maintain upkeep of records of all players’ data, training routines and any other information related to the different age group training and development;
- Undertake rate of perceived exertion (RPE) after every under 16s training session and match and work with coaching staff to ensure optimum performance is achieved as often as possible;
- Conduct wellbeing questions to under 14s /16s players every training session and report to appropriate members of staff so training can be tailored to meet individual player’s needs;
- Keep a record of player’s minutes throughout each game in the under 16s age group;
- Devise a structured warm up and cool down for the RTC and adapt according to age group;
- Lead the U14s or U16s warm up sessions;
- Advise players on hydration and monitor throughout training and games;
- Ensure substitutes are kept warm and mobile throughout the game;
- Conduct fitness testing 3 times per season with all age groups and produce relevant training plans for all players;
- Deliver Specific football fitness related sessions;
- Deliver workshops to players and parents on diet and nutrition ensuring players have a full understanding of the dietary requirements of a professional footballer;
- Be pro-active in your own learning and development, attend internal CPD sessions to work alongside the Ladies first team strength and conditioning coach; and
- Any other duties as reasonably assigned by the Centre Manager or Technical Director.

### 3. Skills required:
- Ensure the welfare of players within the designated age group;
- Ability to work with elite female footballers;
- Ability to work to deadlines;
- Ability to be adaptable when needed; and
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- The ability to motivate the players to perform.

### 4. Knowledge required:
- Knowledge of safeguarding policies and procedures;
- An understanding of long term player development;
- Knowledge and understanding of working with young female players;
- Ability to work in a team environment; and
- Understanding of the FA Girls’ England Talent Pathway.

### 5. Qualifications required:
- Degree or equivalent in Sport Science related area;
- FA Emergency Aid Certificate;
- FA Safeguarding; and
- FA Coaches Licence.

**DBS check required:** Yes (enhanced)

The document is a guide only and should not be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of changing needs of the organisation.

**How to Apply**
Due to high-levels of interest, this post may close early so early application is advised, otherwise the closing date for this role is **5:00pm on Friday 23rd September 2022**. To apply, please email your application form and covering letter to recruitment@rovers.co.uk. CV’s will not be accepted.

**Equality and Diversity**
Blackburn Rovers FC is committed to the principle of equal opportunity in employment and its employment policies for recruitment, selection, training, development and promotion are designed to ensure that no job applicant or employee receives less favourable treatment on the grounds of race, colour, nationality, religion or belief, sex, sexual orientation, marital status, age, ethnic and national origin, disability or gender reassignment.

**Safer Recruitment**
Blackburn Rovers FC is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. The successful applicant will be required to undertake appropriate safeguarding checks as well as providing proof of right to work in the UK.