



## Role Profile

Job Title:	Academy Strength & Conditioning Coach
Reports to:	Head of Sports Science (Academy)
Purpose of the Role:	Implement all strength & conditioning programmes for the U9s – U16 Academy Players
Dimensions:	Full Time, based at Robins High Performance Centre (BS8 3TN), BCFC Academy (BS34 8LP) and other sites as required. National travel is an essential requirement for the role.
Salary Band:	£21,000

### Accountabilities/Responsibilities

#### Programme Delivery:

- Lead design, planning, delivery and analysis of U9-U16 Strength & Conditioning programmes.
- Support the Academy Sport Scientist with all U9-U16 testing data collection/analysis including;
  - Monitoring of anthropometric assessments for peak height velocity/predicted adult height to complete maturation assessments, applying appropriate interventions where necessary.
  - Execution of physical attribute testing procedures, data collection and analysis, including player reviews and relevant interventions.
- Provide objective S&C performance markers in conjunction with or PDP S&C Coach, to support players in their transition through the phases within the Academy and into our first team.
- Assist the Academy Medical staff in the design, planning and implementation of return-to-play, pre-habilitation/rehabilitation programmes (U9-U16).

#### Staff:

- Supporting the Head of Sports Science with all other relevant departmental duties.
- Support department staff in maintaining sports science/strength & conditioning equipment and consumables.
- Ensure Academy Sports Science services are consistently operating at best-practice standards.



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### Accountabilities/Responsibilities

#### Reporting/Communication:

- Contribute with verbal and written reports to Academy multi-disciplinary meetings and contribute to both Academy and first team departmental Continuous Professional Development (CPD) whilst conducting regular research into areas of contemporary sport and exercise science.
- Contribute to the delivery of performance education sessions to all Academy players, parents and relevant staff.

#### Self-Development:

- Undertake self-development to ensure knowledge in relation to all aspects of the role are up to date and forward thinking.

#### Other:

- Ensuring that Players' welfare and safeguarding is protected at all times.
- Maintain the professional standards of the Sports Science department at all times.

### Personal Specification

#### Essential:

- Hold at least a BSc in Strength & Conditioning (or another relevant discipline) from a recognised university
- Hold a current Basic First Aid for Sport Qualification (or equivalent/higher qualification)
- Previous experience within a professional sports academy environment
- Previous experience of long-term athlete development
- Be able to work as part of a team, but also lead on own initiative
- Be an honest, clear communicator with confidentiality at all times



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### Personal Specification

- Ability to put the needs of young players and the Football Club ahead of all else
- Be flexible to the dynamic nature of the Academy and football demands
- IT literate, across all required platforms (outlook, word, excel, required software platforms)
- Being a positive role model to our players at all times
- FA Safeguarding Children Certification & DBS Clearance.

### Desirable:

- Previous experience of the Elite Player Performance Plan (EPPP)
- Post-graduate qualification in related subject (S&C/Sports Science)
- UKSCA/NSCA CSCS qualification (or ability to work towards in the next 12 months)