



JOB DESCRIPTION

Job title:	Academy Lead Strength and Conditioning Coach	Contractual status:	Permanent
Hours of work:	40 hours per week which will include evenings and weekends to support the match day and training programme	Salary range:	Competitive
Location:	Barnfield Training Centre, Padiham, Burnley, BB12 8UA	Reporting to:	Academy Head of Sports Science

Job Summary:

- Lead the player support, monitoring and the delivery of the Foundation Phase FUNdamental Athletic Development Programme alongside the Multisports programme for U9 to U12 players.
- Support the Lead Strength and Conditioning Coach in the provision of individualised athletic development programs, monitoring, testing and benchmarking of all Academy Players from U9-U23.
- Support the Lead Sports Scientist with the day-to-day Sports Science and Strength and Conditioning to the Professional Development Phase players.

Roles and Responsibilities:

Foundation Phase Physical Development

- Conduct physical development sessions focusing on the FUNdamentals.
- Assist in the delivery, implementation and development of the Foundation Phase multi-sports programme.
- Contribute towards player and parent educational workshops on sports science subjects (diet and nutrition, hydration, multi-sports) in line with the Academy and Sports Science educational framework.
- Liaise with coaching staff on individual player needs.
- Lead the Foundation Phase player physical monitoring.
- Build a relationship between the player, parent, coach and teacher/school to aid the holistic development of the individual.
- Support the coaching staff in the quantification of development times (match, training, school, other)
- Support the coaching staff to maximise physical development outcomes from training and games.

Academy Sports Science and Strength and Conditioning

- Support the Lead Strength and Conditioning Coach with the implementation of individual physical development programmes for YDP and PDP players.
- Assist in the implementation of the Premier League Benchmark Fitness Testing every 4 months across the course of the season to all academy players.
- Assist in the monitoring of all academy player's growth and maturation throughout the academy journey.
- Assist in the implementation of age specific gym-based injury prevention and strength and conditioning sessions for all PDP players.
- Plan and deliver weekly gym-based injury prevention and strength and conditioning sessions for the Youth Development Phase players in line with the Academy Strength and Conditioning Syllabus.
- Support the delivery of on-field physical development sessions.
- Support the monitoring of physical exertion of training using heart rate, GPS and RPE methods and feedback to the coaching staff via verbal communication and visual reports for appropriate age groups.
- Monitor and educate Academy players on the importance of daily wellbeing, hydration, nutrition and recovery in line with the Academy and Sports Science educational framework.
- Provide sports science match day support to relevant age groups in regard to preparation, nutrition, monitoring, hydration and recovery.



- Liaise with coaching staff to deliver sessions with relevant training durations and intensities during the course of the training week.

Other Responsibilities

- Ensure all monitoring and training data is input into the PMA.
- Prepare and contribute to Player Performance Reviews for YDP players.
- To take an active role in all Sports Science and Academy meetings.
- To actively participate in yearly personal continuing professional development in keeping with the EPPP guidelines.
- Maintain professional registration with relevant governing bodies and organisations.
- To attend briefings, courses and seminars run by the Football Association as appropriate.
- To be able to work flexible hours which includes evenings and weekends where the role of the job requires.
- To work towards agreed Key Performance Indicators (KPIs).
- Comply with all Club policies.
- Promote the Burnley FC brand and ethos in a professional, strong, and positive manner.
- Work alongside other team members to support in other areas of the organisation as and when required to promote best practice.
- To understand and implement the Club's Safeguarding policy, procedures, and best practice guidelines in your role. To use this understanding to ensure safe working practices, appropriate reporting of concerns and contribute positively to a safe environment.
- A commitment to equality and diversity in the workplace.
- Willingness to attend training courses including Safeguarding and Equality and Diversity.
- Demonstrate the Club's values at all times.
- This job description is issued as a guideline to assist you in your duties and is not exhaustive. You may, on occasions, be required to undertake additional or other duties within the context of this job description.



PERSON SPECIFICATION – ACADEMY STRENGTH AND CONDITIONING COACH

CRITERIA	ESSENTIAL	DESIRABLE
QUALIFICATIONS	<ul style="list-style-type: none"> • BSc (Hons) Degree in Sport and Exercise Science or equivalent. 	<ul style="list-style-type: none"> • Possess or working towards UKSCA and or BASES Accreditation. • Level 2 Certificate in Coaching Football or other sports. • Current and up to date First Aid Qualification.
EXPERIENCE & SKILLS	<ul style="list-style-type: none"> • Previous experience of working with young people in a gym-based environment. • Previous experience of delivering on-field physical development sessions for players. • Understanding of Growth and Maturation and the potential implications on the person. 	
PERSONAL QUALITIES	<ul style="list-style-type: none"> • Confidential towards sensitive information. • Ability to inspire those under his/her command. • Shows initiative, has confidence in own ability with a positive attitude towards undertaking any aspect of the job role. • Displays no prejudice when working with others. • The ability to create highly professional relationships with players and staff to motivate and drive self-determination. • A proactive approach to work. • Possess a growth mindset. • Behave with a high level of professional respect at all times. • Be willing to work cooperatively across departments. • A friendly, positive 'can do' and courteous attitude. • A commitment to the aims, vision, and values of Burnley FC. • Good judgement and knowing when to seek advice or support. • Enthusiasm, energy, and resilience. • Flexible, helpful, and responsive. 	<ul style="list-style-type: none"> • Good IT skills. • Passion for football. • Access to transport for work purposes.