



First Team Sport Science

Location: Sparrows Lane Training Ground and as required

Hours: Full time

Salary: Negotiable

To Apply: [Job Openings \(peoplehr.net\)](https://peoplehr.net)

About us:

Charlton Athletic Football Club is an English professional association football club based in Charlton, south-east London. The club was founded on June 9th, 1905 and has a very storied history from rising to the top-flight of English Football in the 1930s (First Division) and again in the 1980s, 1990s and 2000s, to winning the FA Cup in 1947 and to leaving their Valley home in the mid-1980s only to make an impassioned return in 1992. Historically, the women's team played under Charlton Athletic from 2000 to 2007 but were released to become an independently run team in 2007 following the men's team's relegation from the Premier League.

The women's team were originally formed as a non-professional team in 1991 and were highly successful in the early 2000s winning The FA Cup, the League Cup, and the Charity Shield, as well as coming runners-up in the top division in multiple seasons. In February 2021, the club acquired the Charlton Athletic Women's team, turning the team full-time professional, and integrating them to become one club again.

Currently, our men's first team competes in League One, the third tier of English football, and our women's team competes in the Women's Championship, the second highest division of women's football in England. At Charlton, we are 'one club' and can be truly described as a 'family club'.

Charlton Athletic Football Club are looking to recruit a highly motivated, responsible, and driven strength and conditioning coach to join our successful Academy.

The Role

- Oversee the daily monitoring of all first team players using a range of physical tests combined with wellness scores to produce pre-training reports for the sports medicine department and coaching staff.

- Lead pre-activation sessions to ensure players are physically primed ready for pitch-based training sessions.
- Live monitoring of players GPS and heart rate data during training/rehabilitation sessions to feed information back to relevant staff to ensure physical targets are achieved.
- Lead pitch-based warm-ups, physical conditioning and rehabilitation sessions whenever required to do so.
- Collect and analyse all data to produce daily training/load monitoring reports for sports medicine and coaching staff when required.
- Produce additional more detailed individual player reports analysing longitudinal data (A:C ratios), comparisons with match loads and specific physical target reports.
- Continually develop and maintain all sport science databases to the highest standard.
- Work all match days; assist with sport science provision including GPS monitoring, nutritional strategies and post-match recovery.
- Lead group recovery sessions to ensure optimal recovery between matches/sessions to reduce the risk of injury and optimise physical outputs.
- Analyse match data to produce reports for all relevant staff, highlighting key findings.
- Measure, record and track all physical testing of players including anthropometric, gym and pitch-based tests.
- Liaise with parent clubs of loans players and international team sport science staff to provide them with the necessary physical data that they require.
- Take part in external and internal CPD, maintain knowledge of contemporary research and trends within the field and contribute to the evolution of the current program within the multidisciplinary team.

Education/Qualifications/Training

- Under-graduate and Post-graduate qualification in Sports and Exercise Science/Strength & Conditioning or another relevant field.
 - BASES accreditation or ability to obtain within 6 months
 - A minimum of 5 years' experience working in elite sport or professional football
 - Valid Full UK driving license
 - Valid enhanced DBS check

Desirable

- FA coaching badges (Level 2 and above)
- Strength and Conditioning Certification e. g, NSCA, ASCA, UKSCA or ability to obtain within 6 months
- ISAK accreditation

What will you get from us?

We can offer you a fantastic opportunity to work in a fast paced, ambitious dynamic Football Club. In addition we offer you the following benefits.

- Private Healthcare
- Medicash cash back plan
- Employee Assistance program
- 5% discount in the Club Superstore
- Contributory pension scheme

Safeguarding

Charlton Athletic Football club are committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. We endeavour to provide a fun, safe and welcoming environment where children and young people feel respected and valued.