



Lead Academy Strength and Conditioning Coach

Location: Sparrows Lane Training Ground and as required

Hours: Full time

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

As Lead Academy Strength and Conditioning Coach, you will be responsible for co-ordinating and leading the strength and conditioning services for the Academy. The successful applicant must ensure a safe, objective and evidence-based approach to the physical preparation of all Academy players and achieve this by employing our guiding principles to ensure a systematic approach to attaining our departmental aims. The role will also require you to take an innovative approach to assessing and developing the current Long-Term Physical Development model and associated frameworks. This approach must meet obligations to the EPPP and LTPD Philosophy of the Academy.

The Person

The successful candidate will be expected to develop and implement strength diagnostics to create individual player profiles that informs longitudinal programming. Experience using ForceDecks and IKD technology are essential, therefore. The ability to objectively design and deliver age-appropriate systems aimed at enhancing physical performance in respect of growth and maturation is vital.

You will have the ability to collate, interpret and report longitudinal data in basic terms to a varying audience and ensure effective lines of communication to key stakeholders to maintain harmony across departments and ensure an individual approach to player development. You will be working primarily with the PDP age-groups as well as overseeing with the strength and conditioning provision for selected YDP age-groups. Your approach will be objective, evidence-based and in-line with the values and ethos of Charlton Athletic.

This opportunity is ideal for a sports scientist or strength and conditioning coach with a good understanding of growth and maturation and a passion for developing young players. Experience of working in a multi-disciplinary team to achieve shared objectives is essential. As well as a willingness to undertake both internal and external CPD events.

Education/Qualifications/Training

- A bachelor's degree in strength and conditioning (or another relevant discipline) from a recognised university (E)
- Have recent and relevant professional experience in a sports performance environment (E)
- Hold a current Basic First Aid for Sport Qualification, current EFAiF or an equivalent or higher qualification (E)
- UKSCA Accreditation or ability to achieve in 6-months (E)
- Hold or be working towards British Association of Sport and Exercise Science accreditation (D)
- MSc or working towards an MSc in Sports Science-related discipline (D)

What will you get from us?

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