



Academy Sport Scientist/Strength & Conditioning Coach - Full-Time

Salary commensurate with skills & experience

An excellent opportunity has arisen for a full-time Academy Sport Scientist/Strength & Conditioning Coach to join the Academy's Sport Science & Medicine Department.

Reporting to the Head of Academy Performance, the post holder will contribute to the achievement of the aims and objectives of the Academy through the design, delivery and evaluation of strength and conditioning programmes for Academy aged players focusing predominantly, but not exclusive to, the U23 age group. Also, to collect and evaluate physical and physiological data to monitor the impact of training and competition.

As such, we are seeking a committed, enthusiastic individual with the desire to develop their experience within a professional team sports environment.

Key Duties include:

- To develop and deliver individualised strength and conditioning programmes for Academy players, primarily (but not exclusively) to the U23 Team squad.
- To assist with the provision of sport science and strength & conditioning across all squads within the Academy.
- To adhere at all times to the existing Club player development philosophy.
- To work effectively with the multi-disciplinary team to ensure integrated individual learning plans are developed for each player.
- To work with the Academy coaches to ensure that football training sessions incorporate appropriate levels of intensity and physical loading.
- To assist in the planning and undertaking of physical testing at regular intervals throughout the year, logging and monitoring the results and feedback to coaches, players and parents as appropriate. Use data to evaluate and adapt training practices as appropriate.

Candidate Specification:

Essential

- A Degree in Sport Science or Strength & Conditioning (or related discipline).
- UKSCA accreditation (or ability to achieve within 6 months).
- A valid driver's licence.

Desirable

- A Master's Degree, or working towards, in Sport Science or Strength & Conditioning (or related discipline).
- BASES Accreditation.

Experience

- Previous experience in the provision of sport science services within professional football.
- Passionate about working with young elite athletes and creating/managing programmes to facilitate their long term physical, psychological and social development.
- Experience of working with Coaches.



If you are keen to be part of a forward thinking department, within an ambitious Club then please email your CV with a covering letter outlining your suitability to jobs@qpr.co.uk with the subject title 'Academy Sport Scientist/Strength & Conditioning Coach'.

The closing date for receipt of CV's is Noon on Friday 21 January 2022.

Queens Park Rangers Football Club is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. As part of our safe recruitment practice pre-employment checks will be undertaken before any appointment is confirmed.

Please note only shortlisted applicants will be contacted.

Queens Park Rangers Football Club and QPR in the Community Trust are committed to Equality.