



Queens Park Rangers Football Club

Job Description - Academy Sport Scientist/Strength & Conditioning Coach

Job Title	Academy Sport Scientist/Strength & Conditioning Coach (U23)
Reports to	Head of Academy Performance
Key Contacts	Internal – Head of Coaching/Technical Director, Academy Director, Academy Management Team members, Academy Sport Science Staff, Academy Medical Staff & Academy Coaching Staff. External – The Premier League, English Football League, The Football Association.
Location	Based at the Club’s Academy (Heston). Some domestic/international travel may be required.
Hours	Full time. Due to the nature of the post, evening and weekend work will be necessary.
Job Purpose	To be responsible for 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.
Remuneration	Salary commensurate with skills & experience.

Role Accountabilities & Key Duties	
1	To develop and deliver individualised strength and conditioning programmes for Academy players, primarily (but not exclusively) to the U23 Team squad.
2	To assist with the provision of sport science and strength & conditioning across all squads within the Academy.
3	To adhere at all times to the existing Club player development philosophy.
4	To work effectively with the multi-disciplinary team to ensure integrated individual learning plans are developed for each player.
5	To work with the Academy coaches to ensure that football training sessions incorporate appropriate levels of intensity and physical loading.
6	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.
7	To collect, record and evaluate objective and subjective data in relation to training load.
8	To ensure that all relevant data is integrated into the club’s PMA system.
9	To provide education sessions for Academy Coaches, players and parents/guardians.
10	To deliver proactive injury prevention strategies.
11	To identify and implement appropriate recovery strategies for Academy players in liaison with the Data Insights / Research & Innovation personnel
12	To liaise with Academy Medical Staff to plan, deliver and evaluate individualised rehabilitation programmes that ensure a safe and effective transition from injury to returning to competition.

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13	To be ever forthcoming re research and innovation and be in close link with the Data Insights and Research & Innovation personnel.
14	Continually liaise with all academy staff to organise movement of players training / playing across age groups
15	Work with / alongside the academy nutritionist to ensure nutrition protocols are adhered to and stocktake on products are being done. This includes organising of food with the chefs for away games, pre-match etc..
16	Liaise with both the Head of Academy Performance / Loan Co-ordinator to arrange loan visits and communication of loan players, as and when are required, and provide info re loan players monitoring.
17	To assist the Head of Academy Performance in managing and supporting the development of Casual Academy S&C Coaches / Interns.
18	To assist when needed with movement clinics and other schoolboy activities as directed by the Head of Academy Performance.
19	To develop a sound working knowledge of safeguarding children regulations, including legislation & governing body rules.
20	To undertake personal CPD as appropriate to meet the demands of the role.
21	Participate in the appraisal process.
22	Comply with all company policies/procedures. Adhere to all company regulations regarding policies, procedures, health, safety and security.
23	All other duties that may arise from time to time and fall within the scope of this position.

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Person Specification - Academy Sport Scientist/Strength & Conditioning Coach

Qualifications		Essential	Desirable
1	A Degree in Sport Science or Strength & Conditioning (or related discipline)	✓	
2	A Master's Degree, or working towards, in Sport Science or Strength & Conditioning (or related discipline)		✓
3	UKSCA accreditation (or ability to achieve within 6 months)	✓	
4	BASES Accreditation		✓
Skills, Knowledge & Experience			
6	Previous experience in the provision of sport science services within professional football.	✓	
7	Passionate about working with young elite athletes and creating/managing programmes to facilitate their long term physical, psychological and social development.	✓	
8	Experience of working with Coaches.	✓	
9	Must hold a valid driver's licence.	✓	
10	IT skills to include a high level of competence using Excel, Word and PowerPoint skills	✓	
11	Creative and engaging presentation skills.	✓	
12	Excellent overall level of numeracy and literacy.	✓	
Attitude/Behaviours			
13	A professional and committed attitude with strong organisational and administrative skills	✓	
14	A desire to seek solutions	✓	
15	A genuine team player	✓	
16	Empathy with young people and their challenges	✓	
Personal Qualities			
17	A dynamic and hardworking individual	✓	
18	Excellent communication skills	✓	
19	Proactive decision maker	✓	
20	Takes responsibility for ensuring a high quality of work	✓	
21	Demonstrates enthusiasm and is personally committed to achieving agreed objectives	✓	
22	Is receptive to feedback about own behaviour, strengths and areas for improvement	✓	
23	Displays a high level of confidentiality	✓	
24	Meticulous attention to detail	✓	
25	Flexibility and willingness to learn	✓	

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