



Job Advert

Job title:	Academy Sport Scientist
Employer:	Reading Football Club
Location:	Training Ground RG41 5DB / The Forest School
Contract:	Permanent
Salary & Benefits	£ 27,300.00 per annum <ul style="list-style-type: none">• Paid day off to celebrate your birthday• Employee Assistance Programme with free access to help, advice, and support• Complementary home match ticket• Auto-enrolment into the Club's pension scheme (depending on eligibility)• Group Life Assurance benefit (death in service cover)
Hours of work:	37½ hrs per week on a flexible rota basis to include evening, weekend and match day working
Department:	Academy
Reporting to:	Head of Academy Sports Science & Medicine

Equality, Diversity and Inclusion Statement

Reading Football Club are committed to ensuring equal opportunities are given to all and welcomes applications from all areas of the community regardless of age, disability, sex, gender reassignment, sexual orientation, pregnancy and maternity, race, religion or belief, marriage and civil partnerships

Safeguarding Statement

Reading Football Club recognises that the safety and protection of children and young people engaged in club activities must take priority over all other considerations. Due to this post being in regulated activity, the potential employee will be required to undertake a Disclosure and Barring Service check at the appropriate level. It is a criminal offence for a barred person to attempt to engage with vulnerable group. Engagement will be subject to sight of a satisfactory DBS disclosure and stringent background and reference checks.

Job purpose

To be responsible for co-ordinating and liaising with the Lead Academy Strength & Conditioning Coach (LASC) and Head of Academy Sports Science & Medicine (HASSM) to deliver a sports science support service to all players in the PDP age group (With particular focus on the U18 squad).

Accountabilities

- 🏆 To develop and provide elite world-class support to all PDP players, (specifically the U18 squad) on a day-to-day basis working with all relevant age groups coaches, physiotherapists, analysis staff, and psychologists
- 🏆 To work closely with First Team sports science staff to allow simultaneous development strategies to ensure players progress to the profile required at the first team level.
- 🏆 In conjunction with all academy sports science staff in liaison with the LASC & HASSM, implement sports science support work, ensuring quality control. This includes carrying out individual player needs analysis, delivering physiological assessments, using (&/or establishing robust testing protocols), providing results to players and coaches, and giving educational seminars/ workshops to all relevant staff, players and parents.
- 🏆 In association with PDP age group coaches, academy sports science staff, and academy medical staff oversee weekly training intensities and devise long-term programmes for players with reference to age group specific needs in conjunction with HASSM. With a focus on the U18 squad.
- 🏆 In conjunction with HASSM and LASC oversee weekly training intensities and devise long-term programmes for players with reference to age group specific needs
- 🏆 To conduct physiological testing at least 4-times per season with all players.
- 🏆 To conduct Anthropometric Assessments as directed by LASC.
- 🏆 To conduct Pre-Training Assessment as directed by LASC.
- 🏆 To maintain up to date records on the club PMA (performance Management Application) in conjunction with EPPP/ Premier League Requirements and Regulations
- 🏆 To assist the LASC & LASS in the Development and management of trialling (Trialists) procedures and testing for potential academy players in conjunction with HASSM and all other academy sports science and medicine staff in conjunction with the academy recruitment team.
- 🏆 To write training programmes in conjunction with appropriate team staff (Coaches, Physiotherapists, and HASSM) and in conjunction with the individual players' needs analysis and any test results.
- 🏆 To contribute to the development of resources and educational aids as directed by HASSM & LASC.
- 🏆 To educate academy staff to ensure the maintenance of best practice including monitoring of training sessions and provision of in—service training and appropriate CPD.
- 🏆 To contribute where appropriate to all age group training as directed by LASC & HASSM
- 🏆 To liaise with catering staff at all training centres/ game venues (where appropriate) to ensure correct nutritional support that allows an intensive training programme and games to be sustained, in conjunction with the LASC.
- 🏆 To monitor all U18 training sessions and games using either/ or heart rate monitors, GPS, or RPE scaling tools, to ensure proposed training intensities are adhered to.
- 🏆 To employ recovery strategies that ensure optimal training and match time.
- 🏆 To assist with delivery of Nutrition & Lifestyle education syllabus to PDP players, parents, guardians, and host families through seminars during the season.
- 🏆 To monitor over-reaching of players

- 🏆 To ensure players are prepared physiologically for the task ahead – be it a game or training through structured appropriate warm-ups and activation sessions in relation to the Academy physical development syllabus and Long-term Athlete development model.
- 🏆 To support medical staff in rehabilitation of injured players.
- 🏆 To establish and maintain links to other divisions of the support team (physiotherapy, sports psychology and first team).
- 🏆 To assist where appropriate with U9-U16 and U23 squads and provide guidance and support for sport science staff working within these age groups
- 🏆 To adhere to a strict code of confidentiality in respect of any information relating to Reading Football Club and its operation
- 🏆 There is an expectation that you will undertake adhoc work on an exceptional basis or provide relevant cover for other team tasks

Behaviours & Attitude

- 🏆 To be a role model for all club values and ways of working – “walk the talk”
- 🏆 To exude a can-do attitude (best of Reading Football Club)
- 🏆 To be flexible and agile, always ready to adapt if things don't go to plan
- 🏆 To be an ambassador for Reading Football Club
- 🏆 To act in a manner that supports the Club's Vision & Values at all times

Key Performance Indicators

- 🏆 Ensure all facets of the Sports Science Department meets Reading FC EPPP compliance standards
- 🏆 Ensure all facets of the Sports Science Department meets Reading FC PMA compliance standards
- 🏆 To respond to all enquires within Reading Football Club Charter guidelines.
- 🏆 To adhere to a strict code of confidentiality in respect of any information relating to Reading Football Club and its operation
- 🏆 To be presentable at all times when working and demonstrate that you can represent the face of the club in the manner expected
- 🏆 To maintain Reading Football Club's Safeguarding (Child Protection), Health, Safety and Equal Opportunity procedures and practice

Person specification

	Essential	Desirable
Qualifications	<ul style="list-style-type: none"> • BSc (Hons) Sports Science, or related degree • FA EAFiF 	<ul style="list-style-type: none"> • MSc Sports Science or related • Hold of be working towards British Association of Sport and Exercise Science Accreditation

Experience	<ul style="list-style-type: none"> • Experience working in Elite Sport – Preferably in the Academy setting 	•
Knowledge	<ul style="list-style-type: none"> • An understanding of EPPP process • An understanding of GPS systems 	•
Skills	<ul style="list-style-type: none"> • Computer literacy, Including MS Office and Excel • Encourage, develop and manage elite footballers • Excellent communication and team working skills 	•
Attitude	<ul style="list-style-type: none"> • An understanding and commitment to equal opportunities in employment and sport. • Strong commitment to developing elite athletes • Ability to work irregular and unsocial hours as required involving work outside normal office hours, at evenings, weekends and bank holidays 	

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Closing date for applications:	<p>Wednesday 24th August 2022</p> <p>Please note, we reserve the right to shortlist and interview prior to the closing date above</p>
Contact:	<p>Please send your completed application form to recruitment@readingfc.co.uk</p> <p>CV's will not be accepted</p>