



Job Advert

Job title:	Club Sports Nutritionist
Employer:	Reading Football Club
Location:	Bearwood Park, Academy Training Complex RG41 5DB
Contract:	Part Time
Salary & Benefits	£13,333.00 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• 25% off full priced Reading FC merchandise• Auto-enrolment into the Club's pension scheme (depending on eligibility)• Group Life Assurance benefit (death in service cover)
Hours of work:	20 hrs per week on a flexible basis to include evening / weekend 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

Alongside the 1st Team/Academy Performance departments you will provide evidence based, age appropriate nutritional support to the 1st Team Squad and all age groups in the academy. You will be required to develop, review and deliver the academy nutrition syllabus, while also ensuring all stakeholders in a player's journey are educated on the nutritional demands of the youth/professional athlete to help optimise performance and support a healthy lifestyle.

Accountabilities

- 🏆 To deliver nutritional support to the 1st team squad players.
- 🏆 To deliver a nutrition syllabus across the development phases: Foundation Phase (U9-U11), Youth Development Phase (U12-U16), Professional Development Phase (U18-U23)
- 🏆 To deliver group and individual nutritional support to all players within the academy, this may be through the form of group presentations, practical's or player 1-1's.
- 🏆 To conduct nutrition and dietary assessments of all full-time academy players, and where appropriate on 1st team players and younger age players.
- 🏆 To produce individual nutritional learning plans for all full-time players and where appropriate 1st team players and younger age players.
- 🏆 To assist with players physical development and targets through nutritional interventions in conjunction with the multi-disciplinary team
- 🏆 To provide nutritional support during the rehabilitation process for injured players within the club in conjunction with the Multi-Disciplinary Team.
- 🏆 To support the training menus for 1st Team, Academy Players and staff, in liaison with the Head Chef.
- 🏆 To lead and support the nutrition requirements for away games, travel, overseas tours, and training camps across the 1st Team and Academy.
- 🏆 To regularly monitor and assess players nutrition in relation to the academy nutrition syllabus.
- 🏆 To support the Player Care department with host family, parent and coach education.
- 🏆 To develop and implement evidence based and age appropriate nutrition resources which can be shared with key stakeholders throughout the academy.
- 🏆 To advise on the supplementation strategy and assist in the ordering of such products.
- 🏆 To assist in the preparation and administering of hydration and recovery strategies where appropriate.
- 🏆 To carry out hydration and pre-training assessment and presentation as directed.
- 🏆 To undertake anthropometric testing as directed.
- 🏆 To occasionally travel with relevant age groups to matches and tournaments to observe and assist with nutritional practices.
- 🏆 To maintain up to date records on the club PMA (performance Management Application) in conjunction with EPPP/ Premier League Requirements and Regulations
- 🏆 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 when 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 and Values at all times

Key Performance Indicators

- 🏆 Ensure all facets of the Sports Science and Medicine Department meets Reading FC EPPP compliance standards
- 🏆 Ensure all facets of the Sports Science and Medicine 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 in nutrition, sport science or related discipline. • Listed on the Sport and Exercise Nutrition Register (SENr). 	<ul style="list-style-type: none"> • MSc in Nutrition or related discipline. • BASES Accredited or working toward accreditation. • ISAK Level 1 Qualification. • Food hygiene qualification.
Experience	<ul style="list-style-type: none"> • Experience of providing nutritional support to athletic populations. • Experience of working and dealing with large group sizes. • Experience of working in youth development. 	<ul style="list-style-type: none"> • Experience of working within an elite sporting environment. • Experience in the preparation and delivery of CPD workshops and presentations
Knowledge	<ul style="list-style-type: none"> • Understanding of key nutritional concepts and their application to a sporting environment. • UKAD and anti-doping regulations. • Understanding of the 	<ul style="list-style-type: none"> • An understanding of the EPPP process. • A strong understanding of growth and maturation

	physical development stages of young footballers.	
Skills	<ul style="list-style-type: none"> • Computer Literacy including MS office and Excel. • Encourage, maintain and manage elite footballers. • Ability to develop and maintain professional working relationships. • Ability to work closely with the extended multi-disciplinary team. • Time management • Reliable • Adaptable and flexible. 	•
Attitude	<ul style="list-style-type: none"> • Strong commitment to developing elite athletes. • Demonstrates drive. • Proactive approach to work. • An understanding and commitment to equal opportunities in employment and sport. 	

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Closing date for applications:	Monday 23rd May 2022
	Please note, we reserve the right to shortlist and interview prior to the closing date above
Contact:	Please send your completed application form to recruitment@readingfc.co.uk
	CV's will not be accepted