JOB DESCRIPTION

**Job Title:** FITNESS/STRENGTH & CONDITIONING COACH **Department:** 1st TEAM STAFF

**Reports To:** 1ST TEAM MANAGER

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| **SUMMARY OF JOB ROLE** |

To assist the Manager at all times in preparation, fitness and S&C of the First Team pool of players at the Football Club

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| **PRINCIPAL RESPONSIBILITIES & ACCOUNTABILITIES** |

* To optimise player availability and athletic development through the design, monitoring and passionate delivery of an evidence-based physical development programme
* To assist in the development of protocols and research for all areas of performance throughout the First team
* Work collaboratively and effectively with a network of clinical specialists, university links and other stakeholders.
* Undertake regular research and report writing on training loads and schedules to avoid under or over-training on a group or individual.
* Analyse GPS data on a daily basis to ensure correct training programme in place
* Undertake strength programs and testing of all 1st team players, for the Coaching staff to review and record.
* Be actively be involved in an interdisciplinary approach to monitor recovery, readiness and response to training and matches, pitch-based injury rehabilitation and mitigation. Including the planning and delivery of effective recovery protocols for 1st team players whilst always maintaining player and staff confidentiality and acting within the professional codes of conduct.

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| **SAFEGUARDING** |

You are required to understand and adhere to personal responsibilities under the Club’s safeguarding policy, procedures and externally issued guidelines.

Ensure safeguarding policies are understood and adhered too

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| **COMPLIANCE** |

Ensure yourself and others conduct themselves in a manner that adheres to, complies with and supports the Club’s policies and procedures in accordance with but not exclusive to Health and Safety, the Premier League and Football Association

Adhere to the Club Codes of Conduct at all times

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| **EQUALITY** |

Shrewsbury Town Football Club is an equal opportunities employer and as such you will be required to support a culture, through behaviours, words and actions, that demonstrates that STFC’s workforce supports a commitment to the equality of opportunity, diversity and inclusion.

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| **PERSONAL SPECIFICATION** |

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| **Skills/Qualifications/Experience** | **Essential** | **Desirable** |
| UKSCA Accreditation | Yes |  |
| BSc (Hons) in Sports Science or related | Yes |  |
| MSc Sports Science, Strength & Conditioning or related |  | Yes |
| Experience of working within a multidisciplinary team within an elite sporting environment |  | Yes |
| Excellent understanding of physiology and principles of athletic performance, long-term athletic development | Yes |  |
| Excellent knowledge of injury prevention and recovery strategies | Yes |  |
| FA CRB Enhanced Disclosure | Yes |  |
| Professional Indemnity | Yes |  |
| Excellent problem solving and decision-making skills | Yes |  |
| Competent in operating industry specific equipment and software | Yes |  |
| ISAK Accreditation |  | Yes |
| BASES Accreditation |  | Yes |
| Playing experience to a high level in any sport |  | Yes |
| Excellent Microsoft Office skills | Yes |  |
| Excellent verbal and written communication skills with a confident and enthusiastic approach to delivering information and training programs. | Yes |  |