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|----------------------|----------------------------------------------|
| <b>Job title</b>     | Academy Lead Strength and Conditioning Coach |
| <b>Location</b>      | Roko Training Ground and Various locations   |
| <b>Hours of work</b> | Full-time                                    |
| <b>Department</b>    | Academy                                      |
| <b>Reports to</b>    | Academy Manager                              |
| <b>Remuneration</b>  | £25,000- £27,500                             |

### Role summary

An exciting opportunity has arisen within the Portsmouth FC Academy as we are seeking to recruit a Lead Strength and Conditioning Coach on permanent, full time basis. The Academy Lead Strength and Conditioning Coach will be the primary person responsible for the tracking and monitoring of training and physical development for the entire academy (U9-U18). The holder of the position will oversee and manage the testing, monitoring, and recording of player physical development markers, whilst ensuring that a strategy is in place to develop and improve physical competency, health and nutrition for all players.

In addition, they will work closely with the U18 Professional Development Phase as part of a multi-disciplinary team. Player training and game load will need to be monitored through GPS equipment with any interventions to their load, advised to the Professional Development Phase Lead Coach.

Individualised body conditioning programmes will need to be created and managed for all PDP players, along with the monitoring of player body composition measurements to ensure players are physically capable and robust to meet the demands of a full-time training and games programme.

You will have line management responsibilities and will oversee a small team of interns, who will support the functionality of the department, whilst at the same time needing support and feedback in relation to their university course.

### Requirements of the role

- Create and lead on implementation of a physical development curriculum for all academy players (U9-U18)
- Deliver elite level on field athletic development sessions to meet player needs
- Collaborate with the Lead Academy Physio to ensure injured player return to play programmes are created and managed
- Create, monitor, and refine bespoke gym programmes and supervise the delivery of these for all PDP players and YDP 'day release' players
- Plan and deliver physical testing events for the whole academy a minimum of three times per season
- Engage daily with players to check on their physical and emotional wellbeing
- Record PDP player gym and physical workloads in the PMA system
- Contribute to the creation of an individualised learning plan for each Academy player and work with Phase Leads to ensure physical aspects of a player's performance is accurately measured and developed



- Create engaging and informative CPD events to support the education of a wide range of stakeholders (Staff/ Parents/ Players)
- Manage all sport science testing equipment
- Develop relationships with 1<sup>st</sup> Team S&C staff and liaise on any PDP players who train across U18 and 1<sup>st</sup> Team
- Work closely with the University of Portsmouth to support S&C intern recruitment
- Assist in delivering on the SEP programme and supporting Apprentices in the production of evidence for their portfolio

### Essential Skills & Qualifications

The appointed coaches must have:

- BSc in Sport and Exercise Science or Strength and Conditioning
- Experience working in a sports related field with young people aged 9-18 years, preferably in an academy football setting
- Experience using GPS tracking software and compiling evidence-based reports
- IT Skills (Microsoft Office/ PMA/ Hudl)

### Desirable qualifications & Skills:

- MSc in Sport and Exercise Science or Strength and Conditioning
- Body Composition Accreditation
- Staff management experience
- FA Safeguarding certificate
- EFAiF certificate

### Person Specification:

- Works well in a team environment
- Confident in leading and delegating
- Strong verbal and written skills
- Thrives in supporting the development of people

### Guidance to consider

Please consider the below before applying:

- Given the training and game locations, having a driving licence and frequent access to a car is essential and living within a daily commutable distance from Portsmouth is required
- Right to work in the UK and enhanced DBS check
- The hours of work for this position will include a blend of weekday, evenings, and weekend work

### How to apply

The Club will not consider applications via third parties.

To apply send your CV and cover letter to Lina Small – [hr@pompeyfc.co.uk](mailto:hr@pompeyfc.co.uk) no later than 1pm on the 24<sup>th</sup> June, 2022.

**Initial Interviews may commence before the closing date.**



If you don't hear from us within 7 days of the closing date, please consider that your application was unsuccessful.

At Portsmouth Football Club we are committed to Equality, Diversity and Inclusion and we aim to build an accurate picture of the make-up for our talent pools. Therefore, we ask that you submit the information on the below link to ensure we are always attracting a broad and diverse range of exceptional talent from all areas of society. Responses are anonymous and the data gathered will be used to inform our future initiatives but filling in this form is voluntary

<https://forms.gle/H7NmjG95fgLSaWPD7>

### **General information**

We're committed to diversity and inclusion and want people from all walks of life to apply for our vacancies. We will make reasonable adjustments throughout the recruitment process to help you. If you need any support with your application, please get in touch with us. We are happy to help.

### **Safeguarding**

Portsmouth Football Club is committed to the safeguarding and welfare of all children, young people and adults at risk and this is endorsed by the club's board. We are committed to ensuring that any club related activity will be in a safe environment where children, young people and adults at risk are protected from harm or abuse whilst under our care.

The club have a safer recruitment policy which sets out our practice to ensure all staff and volunteers are suitable to work with children, young people and adults at risk. As part of our safer recruitment policy we ask every successful candidate to give their consent for us to obtain two written references and to provide us with documentary proof of qualifications.

The successful candidate will also be subject to an enhanced level DBS check along with completing a self-declaration form as part of the recruitment process.

Any offer of employment will be conditional on these requirements being satisfactory.