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| Job Title: | * 1st team Lead Strength and Conditioning (S&C) Coach |
| Job purpose: | * To lead, manage and deliver the S&C provision to maximise performance and minimise injury for the first team squad members. * To act as the Club lead for S&C and ensure the effective operation of the multi-disciplinary team and drive both development and performance outcomes. |
| Based at: | * Training Ground |
| Reports to | * Director of Football |
| Responsible for | * University partnerships and interns |
| Key relationships | * 1st team manager and coaching staff * 1st team Players * Lead Physio * Analyst * Key suppliers, consultants service providers * Ground staff * Director of Football * Club administration * Club and external media |
| Key Responsibilities | * Lead, deliver and enhance the Club’s S&C provision in line with the Club’s strategic objectives – to prevent injury and to enhance individual and collective athletic performance. * Manage and lead the development of long-term load and athletic development planning. * Liaise daily with management staff regarding the status and physical preparation required to reduce the risk of injury occurrence and maintain high performance and athletic development of first team squad members (i.e. monitoring and intervention). * Deliver comprehensive S&C assessment in the following areas;   + Data analysis (e.g. workload, GPS and heart rate monitoring)   + Biomechanical assessments   + Anthropometric assessments   + Physiological and fitness assessments * Manage and deliver individual and group strength and conditioning programmes, including both indoor and pitch-based strategies. * Ensure that appropriate recovery and injury prevention strategies are adopted after training and matches. * Implement appropriate diet and nutrition strategies. Liaise daily with the medical department on player status, wellness and rehabilitation. * Design and/or enhance existing evidence-based protocols for return to train and return to play processes, and manage the transition process in conjunction with the medical department. * Ensure the latest clinical, scientific and technical innovations for applied practice are implemented while maintaining the highest level of care. * Liaise closely with loanee teams’ performance and medical departments to ensure players’ sports science and medical needs are met during time with SCFC or on loan with another club * Manage the budget for the department in cooperation with the Director of Football. * Ensure detailed records of all activities for the department are maintained in accordance with relevant legislation, policies and procedures. * Comply with all relevant regulatory bodies and legislation and maintain professional conduct at all times. * Provide support and guidance to the academy S&C in relation to the transition of players into first team, and streamline strategies and protocols throughout the Club. * Undertake personal CPD as appropriate to meet the demands of the role and maintain professional standards. * Create and coordinate an effective CPD programme for departmental staff as appropriate. Maintain discretion and confidentiality at all times. Be presentable, smart and personable at all times when representing the Club. Undertake all reasonable tasks assigned by the Manager. |
| General Responsibilities | * Ensure cohesion, conflict resolution and support management of individual players. * Set, monitor and develop high quality professional standard and team ethic for the players * Compliance with Club policies * Compliance with the Club’s health and safety procedures * Compliance with the Club’s safeguarding policies * Undertake such other duties as may be reasonably expected * Maintain professional conduct at all times |
| Skills required | * Excellent interpersonal and communication skills, with an ability to use a variety of communication tools (verbal, written, digital) * A confident and engaging pitch side manner * Strong organisational and administrative skills * IT Skills * Experience of using data management systems to ensure the secure and efficient storage of monitoring and evaluation data. * Experience in conducting scientifically underpinned assessment, monitoring and evaluation procedures. |
| Knowledge & Qualifications required | * BSc / BA Strength and Conditioning, or related * UKSCA accreditation * Comprehensive knowledge of football and governing body regulations, including anti-doping regulations * Up to date knowledge of developments in the S&C field including latest research and emerging trends. |
| Experience required | * 3 years post qualification practice in elite sports environment including support and preparation of elite athletes, development, injury prevention and rehabilitation. * Experience in dealing with long term rehabilitation |
| Personal attributes | * Ability to work under pressure and to tight deadlines * A genuine team player * Displays a high level of discretion and maintains strict confidentiality * Personable with an ability to build individual relationships * Hardworking and enthusiastic * Analytical and precise * Ability to adapt to changing circumstances * Loyal and committed |
| DBS check required | * Yes |

**The document is a guide only and should not be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of changing needs of the organisation.**

***Equality and Diversity***

*Stockport County FC is committed to the principle of equal opportunity in employment and its employment policies for recruitment, selection, training, development and promotion are designed to ensure that no job applicant or employee receives less favourable treatment on the grounds of race, colour, nationality, religion or belief, sex, sexual orientation, marital status, age, ethnic and national origin, disability or gender reassignment.*

***Safer Recruitment***

*Stockport County FC is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. The job holder will be required to undertake appropriate safeguarding checks as well as providing proof of right to work in the UK.*