



## Bristol Rovers Football Club Job Description

<b>Employee Name:</b>	
<b>Job Title:</b>	Lead Strength & Conditioning Coach
<b>Line Manager:</b>	Academy Manager
<b>Line Manager for:</b>	Assistant S&C Coach; S&C Data Analyst
<b>Date Started:</b>	
<b>Overall Purpose of Job:</b>	
To manage, implement and develop the Strength & Conditioning provision to all academy players delivering a comprehensive program that is in line with both the EPPP and the philosophy of the club.	
<b>Main Responsibilities/Description of Duties:</b>	
<ul style="list-style-type: none"> <li>• To work as an integral member of the Academy Management Team to support the development and implementation of the Academy Performance Plan in conjunction with the Academy Manager.</li> <li>• To implement individualised Athletic Development programming during both the off and in-season periods including both gym and field based training. Programmes should reflect the specific needs of the individual player and their role within the team, including a major component of prehabilitation, injury prevention and recovery processes.</li> <li>• To provide injury rehabilitation training of players in conjunction with specific guidelines laid down by the physiotherapist/sports therapist, in preparation for return to play.</li> <li>• To monitor gym based workload through recording RPE's or volume loads within the gym. To co-ordinate, manage and optimise each individual player's workload.</li> <li>• To undertake a comprehensive battery of fitness testing designed to cover all aspects of player performance and use the results to drive training programmes and individual fitness reporting. To undertake individual fitness testing at least three times per year.</li> <li>• To conduct physical movement screening and anthropometric tests as required</li> <li>• Alongside the Physiotherapist/Sports Therapist develop and support an activation/pre-hab program</li> <li>• To implement 'Readiness to Train' and 'Wellbeing' monitoring and to liaise with Lead Phase Coaches regarding collated data</li> <li>• To work in conjunction with the Lead Phase coaches to monitor and develop the BRFC Multi-Sport program</li> <li>• To support the Head of Coaching in any in-house training/mentoring to support the development of coaching staff in any athletic development specific aspects.</li> <li>• Support the education of all schoolboy players and parents in terms of injury prevention, injury care, post-match recovery, diet and drug awareness.</li> <li>• To work in partnership with UWE to supervise, co-ordinate, assist and educate the Academy Athletic Development interns/placement students.</li> <li>• To undertake appropriate professional development to keep abreast of industry best practice.</li> <li>• Keep all data and sessions up to date via the PMA</li> <li>• To report regularly to the Academy Manager on overall progress and development within the Academy and to represent collective views in respect of future developments and directions.</li> <li>• Ad hoc duties as required by management.</li> <li>• To abide by all club policies including (but not exclusive to) Safeguarding, Equality and Health &amp; Safety</li> </ul>	

**Experience/Qualifications/Training****Essential:**

- Undergraduate degree in Sport & Exercise/Sport Science (or similar)
- Previous experience of working with young athletes / children in a similar role
- Experience in the design, implementation and monitoring of strength and conditioning programmes for elite football players;
- FA Safeguarding Children Certificate
- FA First Aid (BFAS) Certificate
- CRB check undertaken
- Computer skills (in particular Word/ Excel/ Access).
- High levels of communication skills, both orally and written.
- Personable and enthusiastic with a strong work ethic.
- Good team player who can work on own initiative.

**Desirable:**

- MSc (or working towards) in a related subject.
- FA Coaching qualifications.
- Previous experience of coaching within a football setting
- Knowledge and understanding of the EPPP process
- Knowledge of the PMA system.
- Experience in the preparation and delivery of CPD Workshops and conference presentations.

**Signed by Employee:****Signed by Line Manager:****Date:****Date:**