



FIRST TEAM STRENGTH AND CONDITIONING COACH

Vacancy Reference No: 25

To facilitate the strength and conditioning provision to the Sheffield Wednesday first team squad.

Delivering a comprehensive service that is focused on both injury prevention and improved athletic performance.

Strength and Conditioning:

- Implement individualised strength and condition programmes based on screening and testing data
- Squad pre-activation sessions include yoga, glute activation, mobility, load acceptance and stability
- Individualise mobility programmes provided for players with key limitations
- Individualise strength programmes designed and delivered based on injury history, playing position, weaknesses (determined from in session and pre-season screening), game demands

Injury Rehabilitation and Recovery:

- Alongside physiotherapists, plan and deliver rehabilitation and return to play guidelines. The candidate will also assist with the injury audit process and retrospective action plans

Workload monitoring:

- Responsible for the monitoring and management of gym-based workload and performance benchmarking

Fitness testing and monitoring:

- Devise a comprehensive battery of testing, designed to cover all aspects of player performance
- Daily wellness questionnaire to identify fatigue
- Weekly testing for hydration status and education regarding optimal match preparation and performance
- Monthly anthropometric measurements for highlighting body fat percentage, muscle mass changes
- Daily GPS analysis for prescription of a fully rounded training programme. External load monitoring, training analysis and an opportunity to train players to increase match output
- Daily heart rate data collection
- Compile injury and illness database
- Monthly jump testing and isometric mid-thigh pull data collection to monitor asymmetry and force production
- Force platform testing for stability, asymmetry and RFD (Rate of Force Development)



Analysis, Evaluation & Planning:

- Post-session evaluation with coaching staff
- Log all gym-based training and quantify load using a self-designed monitoring tool that takes into account both load and level of competency
- Log all field-based training loads with weekly and monthly reports developed to monitor squad and individual development
- Set targets for extensity, intensity, cardiac load and high speed distance from week to week and constant evaluating to help prescribe training volume and intensity for specific coach targets

Research and development:

- Conduct internal and, where applicable, external research regarding current practice within the club

Sheffield Wednesday Football Club is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. This post may be subject to a criminal record check or an enhanced DBS check. We are an equal opportunities employer welcoming applications from all sections of the community.

Candidate Requirements:

- UKSCA accreditation
- Graduate qualifications in sports science and/or strength and conditioning
- Full UK driving licence
- A postgraduate qualification specialising in strength and conditioning and/or sports physiology/science
- Up to date BFAS (Basic First Aid for Sport)
- Significant experience in the provision of strength and conditioning services to elite athletes and coaches which should include work with high performance teams or squads
- Experience in the support and preparation of developing elite athletes, with specific expertise in strength and conditioning and sports injury rehabilitation
- Computer literacy, including Microsoft Office, Excel and performance analysis software
- Experience in the design, implementation and monitoring of strength and conditioning programmes for elite football players
- Research and development experience in strength and conditioning and injury rehabilitation
- Experience in the preparation and delivery of CPD (Continuing Professional Development) workshops and conference presentations to both colleagues and professional peers.

Closing Date: Saturday 30 June 2018

If this role appeals to you and you would like to become part of the Sheffield Wednesday family, please send your CV to vacancies@swfc.co.uk

Submitted CVs must contain at least two references and should specify current salary and salary expectations.