



# Sheffield Wednesday F.C.

Job Title:	Lead Physical Performance Coach
Salary Scale:	T.B.C.
Hours of Work:	Such hours as necessary to carry out your duties. This will involve a minimum of 40 hours per week and may include working outside normal office hours at evenings and weekends and on Public Holidays.
Employer:	Sheffield Wednesday F.C.
Location:	Sheffield Wednesday FC Training Ground, Middlewood Road, Sheffield, S6 1TF.
Responsible to:	Head of Medicine and Sports Science

## **ROLE SUMMARY**

The post holder will contribute to the achievement of the aims and objectives of Sheffield Wednesday F.C. through:

- The delivery and development of sports science analysis for athletes.
- Working with all staff to capture and database key player profiling metrics.
- The planning, developing and delivering of rehabilitation plans to injured athletes.
- Assisting the Head of Medicine and Sports Science with generating performance insights for all 1<sup>st</sup> team players.
- Working within the club to create a World Class high-performance environment.
- Working as part of a multi-disciplinary team delivering services to athletes and coaches.

The successful candidate will be expected to maintain membership of the professional governing body, BASES, and to adhere to its guidelines and standards of practice.

The successful applicant will therefore be required to apply for a disclosure from the Criminal Records Bureau (CRB). A disclosure is an impartial and confidential document that details an individual's criminal record and where appropriate gives details of those who are banned from working with children.

## **KEY RESPONSIBILITIES**

As a member of the Sport Science Department, the post holder will:

- Report details of the internal and external training loads elicited on players using Heart Rate monitoring and GPS technology, respectively, enabling better individualization of training.
- Deliver individualized nutritional strategies to promote desired training adaptations and recovery.
- Ensure detailed electronic records of athletes are maintained for data analysis on a daily basis.
- Prepare all monitoring equipment and fluid requirements of all senior players for all training sessions.
- Provide data insights and analytic reports for coaching and medical staff.
- Lead physiological testing protocols of all senior players, inclusive of wellness, body composition, GPS, player strength profiling and database management of aforementioned information.
- Deliver scientific research-based projects within a field-based and gym environment.
- Liaise with leading academic persons to ensure Sheffield Wednesday FC is at the forefront of sports science practices.
- Provide summary and individual information to coaches/manager immediately post training.
- Assist the Head of Medicine and Sports Science in planning and implementing conditioning regimens.
- Implement the reconditioning plan with all injured players by incorporating specific field-based physical work.
- Provide strength and conditioning support to strength and conditioning coach.
- Within the rules of professional confidentiality liaise with athletes, manager and other staff as appropriate
- Work within the rules of the UK Professional Code of Conduct, standards and guidelines and, where appropriate, Sheffield Wednesday F.C. the host agency.

## **MAIN TASKS AND ACTIVITIES**

1. Be responsible for the management, development and daily operation of the training load analysis.
2. During International break(s), and when requested to do so, take a lead role in managing sports science service delivery to 1<sup>st</sup> Team players.
3. Work closely with the Head of Medicine and Sports Science for planning and delivery of field-based fitness training to players.
4. Develop individualized training plans to players to enhance performance. This should be directed by examining the physical workload and understanding the physiological demands imposed on each player.
5. Travel with the squad(s) to competitive fixtures, training camps and other events.
6. Assess the fitness status of 1<sup>st</sup> Team players in a regular manner by performing sports science testing.
7. Provide sports science support at selected 1<sup>st</sup> Team games.

8. Monitor and analyze relevant training data and provide feedback reports and summary findings to assistant manager and coaches.
9. Carry out scientific research projects for the improvement of conditioning regimes.
10. Arrange meetings with appropriate external experts to keep the staff up to date with the latest training techniques and scientific news.
11. Ensure effective and regular communication between members of the coaching staff to maximize the planning and delivering of the work plans.
12. Provide guidelines for future activities in relation to optimizing the conditions for training and matches.
13. Attend departmental meetings to feedback on progress and plan/discuss future work developments.
14. Undertake any other reasonable duties assigned by the line Manager and other colleagues as requested.

## **PERSON SPECIFICATION**

The person specification describes the knowledge, skills, aptitudes, experience and qualifications that Sheffield Wednesday F.C. deems as necessary for successful performance in the job role.

### **1. QUALIFICATIONS**

#### **Essential**

- BSc in Sport Science discipline.
- A post-graduate qualification in Strength and Conditioning or Sport Science. Or to be in a position to register for a post-graduate qualification in Strength and Conditioning or Sport Science. Degree programmes must include aspects related to physical preparation for sporting performance (e.g. physiology, kinesiology, anatomy, biomechanics and nutrition).
- UKSCA/BAWLA accreditation as Strength and Conditioning coach. Or to be in a position to register for UKSCA/BAWLA accreditation.
- A high level of proficiency in database management and I.T. skills.
- A thorough understanding of the various sports science and medicine disciplines and their impact on the training and performance of elite athletes.

### **2. EXPERIENCE**

#### **Essential**

- Experience working with elite athletes.
- Significant experience in the provision of strength and conditioning services to elite athletes and coaches to improve performance.

- Experience of leadership and managerial experience with responsibility for a sports science function within a football environment.

### **3. SKILLS AND ABILITIES**

#### **Essential**

- Excellent and extensive knowledge of the physiology of training with special reference to football.
- Ability to interact effectively with all member of staff with a team-orientated approach.
- Demonstrated ability to analyze a range of sports in relation to their strength and conditioning and sports science needs.
- Ability to implement and evaluate strength and conditioning plans for individual athletes within these sports.
- Ability to implement innovative ideas and influence athlete and coach support plans.
- Ability to communicate fluently.
- Ability to communicate complex data in terms that are easily understood by a wide range of audiences
- Excellent I.T. skills with significant experience of physical measurement and athlete analysis systems.

#### **The post holder shares with all colleagues the responsibility:**

- i. For making suggestions to improve the working environment and contribute to positive employee relations within their area of work and Sheffield Wednesday F.C. as a whole.
- ii. To co-operate with measures introduced to ensure there is equality of opportunity in employment and sports equity; and in addition, for post holders with a management responsibility to encourage their staff to ensure that they comply with all aspects of the equal opportunities in employment and sports equity policies and practices.
- iii. For ensuring that the working environment is free of sexual and racial harassment and intimidation and any other form of harassment constituting unacceptable behaviour which is personally offensive.
- iv. To comply with all aspects of the Sheffield Wednesday F.C. Health and Safety Policy and Arrangements and, in addition, for post holders with a management responsibility to encourage their staff to ensure that they also comply with all aspects of these arrangements.
- v. To comply with all aspects of any codes of conduct that might apply by virtue of Sheffield Wednesday F.C.