

Job Title: Academy Sport Science Intern

Department: Academy Sport Science and Medical Department

Location: Poolfoot Farm and Leisure Complex

Reports to: Head of Academy Sport Science

Hours of Work: As required and dictated to by the Head of Academy Sport Science balanced with the commitments of a Part-Time Masters Degree. There is an expectation in the position to work evenings and weekends.

To qualify for this position, you must meet the minimum requirements to complete a Masters degree / Masters in Research in Sport Science or Strength and Conditioning.

Job Description

Fleetwood Town are advertising an exciting opportunity for a person to undertake the position of assistant academy sport scientist. This role will be completed alongside and in support of completion of a fully funded Master's Degree at one of our partner Universities.

You will be part of a progressive Academy with a proven recent history of developing young players to compete in professional football through all levels of the football pyramid as well as play regular fixtures with the 1st Team.

You will be based at the £10 million training facility at Poolfoot Farm where we are currently expanding and building an indoor facility.

Your key roles and responsibilities will be:

Professional Development Phase

Assist the Head of Academy Sport Science, Lead Academy Sport Scientist and Strength and Conditioning Coach in the design and delivery of pitch-based and gym-based conditioning sessions to the Day Release U14-U16 players, U18 and U23 squads.

You will be responsible for data collection and analysis of data to assist the decision-making process before training and provide feedback to coaching and wider multidisciplinary team, reviewing sessions and informing future training sessions.

Youth Development, Transition & Foundation Phase

- Design and delivery of age appropriate on-field Athletic Development sessions in line with the Long-Term Athletic Development Plan and Syllabus.
- Design and deliver age-appropriate gym-based Strength and Conditioning sessions to academy squads.
- Design and Deliver Movement and Multisport sessions to the YDP in line with the programme syllabus.

- Monitor internal and external load utilising GPS and Heart Rate technologies of YDP and Day Release Players.
- Assist the sport science department in data collection and analysis of the physical testing battery, which takes place every 12 weeks.
- Complete reviews for Academy players in line with results from testing as well as progression in physical activities.
- Conduct nutritional and wider lifestyle workshops with players and parents to improve performance and wellbeing.
- Any other tasks as and when requested by Senior Academy Staff.

Masters Degree

Complete a Masters degree in Sport Science or Strength and Conditioning. You will utilise Fleetwood Town Football Club Academy Data in order to answer a research question as part of your dissertation.

Qualifications

Essential

BSc (Hons) In Sport Science or Related Field

Meet the requirements for a Masters Degree at partner university

Desired

BWL level 1

Attendance at UKSCA workshops

- Weightlifting for Performance
- Plyometrics, Speed and Agility
- Planning Effective Programmes

If you're interested in this role, please send an up-to-date copy of your CV and cover letter to:

Recruitment@fleetwoodtownfc.com

If you have any questions about the role, please contact Jack Higgins (Academy Manager), jack.higgins@fleetwoodtownfc.com and send your CV and Covering letter outlining why you feel you are suitable for the position advertised.

The closing date for applications is Friday 10th May 2024 at 5pm

Fleetwood Town Football Club and Fleetwood Town Community Trust are committed to safeguarding the welfare of children and young people and expects all staff and volunteers to endorse this commitment.

This information is available in different formats if required. Please contact Fleetwood Town Football Club directly on 01253 775080.