

## HEAD OF ACADEMY SPORTS SCIENCE

### JOB DESCRIPTION

Reports to: Academy Manager

Location: Based at Poolfoot training ground. The post holder will be required to travel to other temporary training and match locations, including away fixtures.

Hours: This is a full-time role requiring flexibility to work evenings and weekends, including travel to away fixtures.

### Job purpose:

Be responsible for the Sports Science programme of Fleetwood Town Academy from under 9 – under 23.

### Roles & Responsibilities

- Work according to Fleetwood Town's philosophy and values.
- Design and implement the Sports Science provision to all the age groups of the FTFC Academy, under the instructions of the Academy Manager.
- Ensure that the academy meets all EPPP requirements with regards to testing, monitoring and the design of individualised programmes to all academy players.
- Keep records of all players' testing data, training routines and individualised programmes
- Ensure the implementation of data monitoring systems across all academy age groups to ensure training and match loads are analysed.
- Have experience and knowledge of the PMA system
- Be competent using GPS technology (catapult open field) and Microsoft excel
- Conduct wellbeing questionnaires with players on the full-time training model daily and report to appropriate members of staff so training can be tailored to meet individual player's needs.
- Provide reports on every academy player for the review process every 6 weeks and work as a key member of the multi-disciplinary team.
- Conduct tests for all academy players every six weeks and produce a report on the PMA that updates the progress being made in the physical corner.
- Deliver Strength and Conditioning sessions to the under 18s and under 23s in accordance with the weekly plan for the players.



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# FLEETWOOD TOWN FOOTBALL CLUB



HIGHBURY STADIUM | PARK AVENUE | FLEETWOOD | LANCASHIRE | FY7 6TX

FLEETWOODTOWNFC.COM | INFO@FLEETWOODTOWNFC.COM

GENERAL ENQUIRES: 01253 775080

- Deliver Specific football fitness related sessions to players on the full-time training model when appropriate in accordance with the weekly training schedule.
- Conduct body fat monitoring tests with all players on the full-time training model on a 6 weekly cycle.
- Deliver workshops to players and parents on diet and nutrition ensuring players have a full understanding of the dietary requirements of a professional footballer.
- Work with accommodation providers to ensure players are living a healthy lifestyle whilst under our care.
- Deliver and coordinate sessions with the u9-16 age groups in relation to athletic development.
- Be responsible for the design and implementation of all individualised programmes to every player in the academy from under 23 to under 9.
- Look to develop relationships with local education organisations where the club may have the opportunity to develop innovative strategies in regards to sports science.
- Be a key member of the Academy management team and attend all Academy Management Team meetings
- Be responsible for the organisation and direction of weekly Sports science and medicine meetings that should include all staff who have input into this area.
- Be flexible to meet any other reasonable demands that the club may place on you within your role.
- Manage the academy sports science intern programme to ensure the academy is well covered to deliver sessions.
- Deliver CPD events to staff, players and parents at the academy to enhance knowledge and good practice in this area.

## Person Specification

- Master's degree in Sport Science
- Previous experience in within a professional football club
- Self - motivated
- Passionate
- Clean driving licence and with access to a vehicle
- Enhanced knowledge off the EPPP

Please send your CV and a cover letter providing full details of why you feel you would be suited to this role. The closing date is 9th July 2018.



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Please note if successful you will be required to attend an interview with the hiring manager within one week of the closing date.



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Fleetwood Town Football Club is the trading name of Fleetwood Wanderers Limited, registered in England. Company number: 03359117  
whose registered office is 17 St Peter's Place, Fleetwood, Lancashire, FY7 6EB.