

Job Title: Academy Sport Science Internship
Location: Poolfoot Farm Sport & Leisure Complex – Thornton Cleveleys
Hours: Full Time inc evenings / weekends when required
Salary: Competitive

Fleetwood Town Football Club 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.

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.

About us:

Fleetwood Town Football Club is a professional association football club based in the town of Fleetwood, Lancashire, England. The team compete in League One, the third tier of English football.

We currently have two locations, Highbury Stadium, Fleetwood and Poolfoot Farm, Thornton-Cleveleys. With over 300 employees, Fleetwood Town Football Club value its employees and volunteers and they are at the forefront of our business.

Fleetwood Town Football Club are always eager to hear from passionate and dedicated individuals with an excellent work ethic who are seeking new challenges.

Responsibilities (but not limited to):

PDP

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.

YDP & FDP

- 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

What you need to do now

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

Recruitment@fleetwoodtownfc.com

Fleetwood Town Football Club, Academy and Community Trust is committed to safeguarding, as far as reasonably practicable, the welfare of children, young people its workforce and vulnerable groups. The Club expects all staff, players, volunteers, contractors, partners, and guests to share this commitment and believes that all staff, players, volunteers, contractors and guests have a responsibility to report any concerns to the Club should they be concerned about the welfare of any child, young person or vulnerable adult.

As part of this role, the post holder is responsible for adhering to all safeguarding policies and protocols set out by the Club (see all relevant policies below) and must always conduct themselves in a professional manner when representing the Club. This means adhering to the Club and EFL guidelines in maintaining the Safeguarding and welfare of young people and vulnerable adults, both within their care and within their vicinity. The Club operates under the guidance of a number of Safeguarding policies which can be found on the website here:

[Club Policies - Fleetwood Town \(fleetwoodtownfc.com\)](#)

