



Strength & Conditioning Coach Bristol City Academy

Full-time hours

Salary: £21,000 per annum

- Do you have experience of developing players across all phases in an Academy environment?
- Do you understand the requirements to play professional football at all levels?
- Do you have the ability to develop and work with young people?
- Do you have a BSc in Strength & Conditioning (or related subject)?
- Do you want to be part of the South West's ONLY category 2 Academy

If so, we would like to talk to you...

With a vision to build a "1st team squad with a core of home grown talent", Bristol City FC Academy have seen a record number of Academy players in our First Team squad in the last few years and we are now building our structure for future and continued success.

Our First Team are a Championship side with big ambitions and a home for a Premier League team to be proud of. These are our most exciting times and we are looking for committed, exceptional people to join us on our unique journey.

We now require a Strength & Conditioning Coach to take an important role in our team and join our Academy Sports Science department.

Your Main Responsibilities:

1. Lead design, planning and delivery of U9-U18 Strength & Conditioning programmes.
2. Lead all U9-U16 testing data collection/analysis including;
 - Monitoring of anthropometric assessments for peak height velocity/predicted adult height to complete maturation assessments.
 - Collection and analysis of daily condition monitors (wellness), applying appropriate interventions where necessary.
 - Execution of physical attribute testing procedures, data collection and analysis, including player reviews and relevant interventions.
3. Contribute to football session planning and implement the physiological training games programme, monitoring internal/external training load through the use of GPS, heart rate and session RPE data.
4. Assist the Academy Medical staff in the design, planning and implementation of return-to-play, pre-habilitation/rehabilitation programmes (U9-U16).
5. Contribute to the delivery of performance education sessions to all Academy players, parents and relevant staff.
6. Ensure Academy Strength & Conditioning services are consistently operating at best-practice standards.



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7. Maintain the professional standards of the Sports Science department at all times.
8. Supporting the Head of Sports Science with all other relevant departmental duties.
9. Support department staff in maintaining sports science/strength & conditioning equipment and consumables.
10. Contribute to Academy and first team departmental Continuous Professional Development (CPD) whilst conducting regular research into areas of contemporary sport and exercise science.

You will have:

- Hold at least a BSc in Strength & Conditioning (or another relevant discipline) from a recognised university
- Hold a current Basic First Aid for Sport Qualification (or an equivalent or higher qualification)
- Previous experience within an Academy environment involved in the EPPP
- Previous experience of long-term athlete development

Desirable skills:

- Post-graduate qualification in related subject.
- UKSCA/NSCA CSCS qualification (or ability to work towards in the next 12 months)

If this is you please apply by sending a completed [application form](#) and your **CV** to academy.jobs@bcfc.co.uk. Closing date for applications is 12pm **Monday 3rd December 2018**. Note: due to the nature of the role, any job offer is dependent on a CRC (Criminal Records Check) all information will be kept by the Safeguarding Officer in strictest confidence.



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Safeguarding Statement:

Bristol City Football Club and Academy are committed to safeguarding the welfare of children and young people and expects all staff and volunteers to endorse this commitment. This post requires Enhanced Criminal Records Checks and may include checks against the Barred Lists, as such it is exempt from Rehabilitation of Offenders Act (1974) therefore all convictions including spent convictions that have not been subject to filtering by the DBS should be declared.

Equality Statement:

The successful candidate must ensure a positive commitment towards equality and diversity by treating others fairly and not committing any form of direct or indirect discrimination, victimisation or harassment of any description and to promote positive working relationships between all internal and external stakeholders. We are an equal opportunities employer.

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