

JOB DESCRIPTION

JOB TITLE:	Head of Academy Sports Science/Strength & Conditioning.
DEPARTMENT:	Youth Academy
RESPONSIBLE TO:	Youth Academy Director
RESPONSIBLE FOR:	Sports Science/Strength & Conditioning Staff/ Interns
OVERALL PURPOSE OF JOB:	To develop and implement a Football Sports Science/S&C strategy in line with Club objectives to deliver a best-in-class Football Sports Science & S&C operation to Youth Academy football squads.



DUTIES and RESPONSIBILITIES

SPECIFIC

SCIENCE / ATHLETIC DEVELOPMENT DUTIES

1. Develop a Sports Science /Strength & Conditioning Strategy to identify operating protocols, and as a basis from which key relationships across all Sports Science & S&C disciplines are established and developed.
Ensure optimal interaction and communication between the Science & Medicine department and the Academy Management & Coaching department, particularly in relation to players' fitness / injury status and availability for training and matches.
2. Design, implement and oversee a long-term athletic development curriculum for all Reserve & Academy players, which considers each player's biological maturation, training age and technical competency to optimise their athletic potential.
3. Design, deliver and oversee a physical performance testing battery - that is undertaken regularly throughout the season - which evaluates players' key physical characteristics and biological maturation status.
Develop a process of longitudinally monitoring all Reserve & Academy player's physical performance, biological maturation and internal & external training load, as well as the academy's injury rates and injury burden.
4. Oversee individual conditioning programmes and monitor their effectiveness

RESEARCH & DEVELOPMENT

7. Develop relationships with higher education institutions to create internship opportunities for Sports Science students
8. Design internship research projects on an annual basis to inform and enhance the department's working process
9. Collaborate with higher education institutions on research projects with the aim of achieving regular publications to peer-review journals and contributing to the scientific literature.

COMMUNICATION WITH KEY STAKEHOLDERS

10. Provide regular reports to Academy Management & Coaches related to players' physical performance, fitness / injury status and squad injury rates.
11. Liaise with staff at SFA Performance Schools on a regular basis to optimise Academy players' training load, and communicate key information related to injury, physical performance and biological maturation.
12. Provide information to national associations where applicable if a player is called up for international duty.
13. Liaise with First Team science & medicine staff to provide training data and physical performance testing data to aid in the transition of players from the Academy to First Team environment.
14. Develop a lifestyle education programme for Reserve & Academy players, covering areas such as nutrition, sleep, anti-doping etc.

MANAGEMENT DUTIES

15. Develop an appraisal process for contracted Science & S&C staff, to be undertaken on an annual basis.
16. Ensure all Sports Science/ S&C staff attend the necessary courses for their training and development in and are updated regarding latest best practices related to their profession.
17. Ensure all CPD requirements for members of the Sports Science/ S&C staff are undertaken as required on an annual basis and all training & funding agreed in advance.
18. Develop standard operating procedures to ensure the smooth running of the Academy Sports Science/ S&C staff.
19. Lead thorough interview and staff recruitment processes to appoint competent, enthusiastic practitioners to the Sports Science/ S&C staff.
20. Maintain knowledge of Sports Science/ S&C staff Criteria within the Club Licensing process at Youth level

GENERIC

21. Project a professional image, maintain an ambassadorial role for the club at all times.
22. Adhere to the club's policies and protocols, specifically in relation to the wellbeing of young players.
23. Participate in Performance Reviews.
24. Carry out any other reasonable duties that may be requested by the Academy Senior Management Team.

Person Specification

Essential

BSc in Sports Science (or related discipline)

Experience as an applied practitioner in elite sport

Experience of using data management systems/procedures

Experience of using GPS player tracking software (e.g. Catapult/StatSports)

High standard of IT Skills

Available to work weeknights and weekends as required

Adaptable to changes in work schedules

Desirable

MSc in Sports Science (or related field)

BASES Accredited

UKSCA/NSCA/ASCA or relevant strength and conditioning accredited practitioner.

First Aid Trained.