



Head of Sports Science & Strength and Conditioning

Job Title: Head of Sports Science & Strength and Conditioning

Reports to: First Team Manager and Academy Director

Location: Bromley Football Club

Salary: Competitive

Hours of work: 6 days per week including First Team and Academy Match days.

Job purpose: The candidate must contribute to the achievement of the strategic aims and objectives for Bromley Football Club through developing and improving player performance in sports science and strength and conditioning. The successful candidate will be expected to enhance, develop and deliver the SS/S&C at 1st Team, Academy level. Ultimately, the main importance of the role will be planning, delivering and tracking the physical training, monitoring, fitness testing, rehabilitation, recovery strategies, collection and management of performance analysis data.

Key Roles & Responsibilities:

- Implementation of the Bromley Football Club sport science philosophy that will complement the vision and structure of the Club and the Academy.
- Continually develop the underpinning protocols for all aspects of sport science and strength and conditioning. Periodise the squads and each player's individual development programmes.
- To contribute fully within the staff development programme through both participation and delivery of up-to-date sport science material throughout the whole club.
- Be actively involved in an interdisciplinary approach of working within the Club.
- To monitor, assess and track all 1st team squad player's physical development. This will include the collection and management of data, and production of reports for both the BFC board, management, coaches and players.
- Assist with the monitoring and assessment of all Academy player's physical development. This will include the collection and management of data, and production of reports for the, coaches, players and parents.
- Developing an appropriate framework for effective management of sport science & S&C facilities at Bromley Football Club.
- Assist in the development and transition of Academy Players to 1st team level.
- Assist the development of the Long Term Athletic Development structure as part of a multidisciplinary team.

General Responsibilities

- Compliance with Bromley Football Club policies
- Compliance with the Club's health and safety procedures
- To undertake such other duties as may be reasonably expected (Club and Community endorsement)
- To maintain professional conduct at all times

Key relationships

- 1st Team Manager
- Academy Director
- Physiotherapist
- Analytical performance team (performance analysis)

Scope of job

The purpose of the role is to plan, delivery and review the sports science and strength and conditioning programme during both on and off season. The successful candidate will be required to help develop and drive the growth of the department.

This will require some practical delivery to young players throughout the Bromley Football Club Academy as well as the ability to communicate effectively with colleagues, coaches, and.

The role will involve supervision of main BFC staff or management of support and internship staff.

Knowledge

Essential

- Knowledge of valid and reliable methods of testing for monitoring a player's performance results and needs to improve, interpreting results and implementing appropriate intervention strategies for setting targets and managing improvements.
- Analysing and evaluating data science for professional football
- Understanding of educational practices required to influence the behaviour of elite players and professional football and Academy level.
- Understanding of Growth and Maturation and Long Term Athletic Development Models.
- Good knowledge of nutritional needs for elite players
- Experience of having delivered practical coaching sessions to elite players.
- Experience of having delivered practical coaching sessions to young athletes.

Technical/work-based skills:

Essential

- Possess the communication skills that engage and motivate players to improve their overall performances.
- Can work with elite and young players in individual and large group training sessions.
- Demonstrate good levels of PC / IT literacy, the use of Microsoft excel and PowerPoint.
- Experience of using up-to-date elite performance software

General skills and attributes:

Essential

- The ability to work to deadlines using problem solving skills and initiative.
- Positive mind-set, forward thinker and proactively seeks to improve as a professional and influence those around them
- Ability to work as part of interdisciplinary team and develop productive departmental relationships
- Respond positively to change in a fast-moving environment.

Desirable

- Track record in working within large interdisciplinary coaching.

Experience:

Essential

- Experience delivering sport science and strength and conditioning programmes to professional football/National league standard.

Desirable

- Experience of having coached young athletes/players in a practical setting.
- Experience in delivering coach and athlete education.

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Qualifications:

Essential

- BSc. (or equivalent) qualification in sport science, nutrition, or physical education

Desirable

- QTS (Post Graduate Teaching Qualification)
- MSc. (or equivalent) qualification in sport science or physical education.
- UEFA Level 3 coaching qualification (or above)
- UKSCA United kingdom Strength & Conditioning Association Accreditation
- Specialising in the physical preparation of players.

Interested candidates should email a covering letter and CV to cv@bromleyfc.co.uk