

JOB OPPORTUNITY

HEAD OF ACADEMY STRENGTH & CONDITIONING

An exciting opportunity has become available at the Club’s Academy! We are currently looking for someone with a wealth of experience of working in the professional sports industry to join our Academy in the Sports Science and Medicine department. The right person will work closely with our existing performance team to develop, coordinate and implement a development programme to optimise the availability and athletic development of Academy players.

The role is primarily based at the Nigel Doughty Training Ground in Nottingham. The Nottingham Forest Football Academy operates at a fast pace across 7 days a week, including evenings and therefore, it requires a highly motivated, committed and flexible approach and attitude to working.

Key Tasks & Responsibilities

The focus of this role is to optimise player availability and athletic development through the provision, monitoring and passionate delivery of an evidence-based physical development program, in line with the Academy’s performance syllabus. You will assist in the development of protocols and research for all areas of performance throughout the Academy. Therefore, it is essential for you to be able to work collaboratively and effectively with a network of clinical specialists, university links and other stakeholders.

We are looking for someone who can drive the development and periodisation of all Strength & Conditioning matters relating to u9s-u23s and lead the delivery of all development phase Strength & Conditioning sessions. Reporting to the Head of Academy Sports Science and Medicine, you will work directly with the u18s squad on a day-to-day basis.

Within the Club’s performance framework, you will facilitate the organisation of regular age-appropriate physical testing of Academy players, analysing and reporting the results from screening to identify the needs of both groups and individuals.

This role requires regular research and report writing on training loads and schedules to avoid under or over-training on a group or individual. It also requires strength programs and testing of all u18 and u23 players, for the senior Academy staff to review and record. Furthermore, you will liaise with the u9-16’s Physical Development Coach to develop similar reports to track LTAD. Therefore, it’s crucial you have excellent verbal and written communication skills with a confident and enthusiastic approach to delivering information and training programs.

While always maintaining player and staff confidentiality and acting within the professional codes of conduct, you will actively be involved in an interdisciplinary approach to monitor recovery, readiness and response to training and matches, pitch-based injury rehabilitation and mitigation. Including the planning and delivery of effective recovery protocols for u18s players.

All members of staff are responsible for the safeguarding of children and vulnerable adults during work and while on Club grounds. This role requires you to support and liaise with the Club’s Lead Designated Safeguarding Officer with safeguarding concerns and promoting the welfare of children.

Qualifications, Skills, Knowledge & Experience

Essential

- Minimum of 3 years’ experience in full-time professional sport
- Experience of working within a multidisciplinary team within a Sports Medicine environment
- Excellent understanding of physiology and principles of athletic performance, with reference to the younger athlete and long-term athletic development
- Excellent knowledge of injury prevention and recovery strategies
- BSc (Hons) in Sports Science or related
- MSc Sports Science, Strength & Conditioning or related
- UKSCA Accreditation
- Valid Basic First Aid for Sport qualification, current EFAiF or higher

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| | <ul style="list-style-type: none"> • Valid FA Safeguarding Certificate • FA CRB Enhanced Disclosure • Professional Indemnity • Excellent problem-solving and decision-making skills • Competent in operating industry specific equipment and software including Statsports, Vald Nord, GymAware <p>Desirable</p> <ul style="list-style-type: none"> • ISAK Accreditation • BASES Accreditation • Playing experience to a high level in any sport • Excellent Microsoft Office skills |
| Other | <p>The salary band for this role is £22k - £24k. This role is a full-time, permanent contract with a notice period of 3 months.</p> <p>You may be asked to undertake additional duties to those above, either on a temporary or permanent basis, which the Club reasonably believes you are capable of carrying out, or for which you will be trained. Relevant professional, ethical and health and safety standards apply.</p> <p>You will be required to demonstrate your commitment to equality, inclusion and anti-discrimination at all times, including attending relevant training as and when required.</p> |
| To Apply | <ul style="list-style-type: none"> • Application is via CV with a one page covering letter to jobs@nottinghamforest.co.uk • Please include your name and the title of the role in the email subject bar when applying. • Closing Date: 5pm on Friday 8th January 2021 • Interview date: Wednesday 20th January 2021 |
| Equal Opportunities Commitment | <p>Nottingham Forest Football Club is an equal opportunities employer who are passionate about creating and promoting a diverse workforce. The Club welcomes applications from all suitably qualified persons, regardless of age, disability, gender, gender reassignment, marital / civil partnership status, pregnancy / maternity leave, race, religion/belief, sexual orientation, or any other legally protected characteristic.</p> <p style="text-align: center;">We make recruiting decisions based on your experience, qualifications and skills alone.</p> |