

Position Description

Job Title	1 st Team Strength and Conditioning Coach
Responsible to	Head of Performance
Behaviours that Build Relationships with	Players, football staff and admin staff
Salary	Commensurate with experience
Closing date	Open until filled

Applications to careers@eufc.co.uk

Job Description	
Location	Northfleet, Kent
Working pattern and work base	Part-time – Up to 16 hours per week responsible to Head of Performance.
Summary	The role is to provide Ebbsfleet United FC's players with first class Sports Science, Strength and Conditioning services to help enhance performance. This is an opportunity for an ambitious, enthusiastic, reliable and driven individual who can work collaboratively and holds strong values and demonstrates high standards.
Objective of the role	<p>As the 1st Team Strength and Conditioning Coach, you will be required to:</p> <ul style="list-style-type: none"> • Assist in the delivery of individual and group strength and conditioning sessions to all first team players ensuring that all key physiological areas are covered and developed in addition to being based upon an athletic development. • Lead pre training gym sessions. • Assist in the management of injuries and rehabilitation of players to enhance the return to play pathway following injury. • Manage gym areas in co-operation with interns. • Lead physical performance screening/testing of players during pre-season and in season. • Providing reports and structured individual performance goals based upon individual needs. • Improve performance through developing, implementing and evaluating strength and conditioning programmes. • Record players' adherence to Strength and Conditioning programmes. • Work closely with medical staff to enhance and continue to develop injury prevention/performance/nutrition and recovery strategies. • Assist with the delivery of GPS data from all training, rehabilitation sessions.

Person Specification	
Qualifications and experiences	<p>Essential:</p> <ul style="list-style-type: none"> • Undergraduate level education in Strength and Conditioning or Sport Science <p>Desirable:</p> <ul style="list-style-type: none"> • Working towards post graduate related qualification (Masters, UKSCA, NSCA, ASCA, BASES) • Worked with professional athletes.
Skills required	<ul style="list-style-type: none"> • Experience of training/rehabilitation principles and a sound understanding of rehabilitation process • Excellent communication skills with the ability to liaise with players, medical staff and coaches in a professional manner • Demonstrate consistent leadership and management skills • Ability to work in a high pressurised environment with a flexible approach to working hours and job role • Attention to detail, organisation and time management skills • Adaptability to changing environment at short notice • Ability to set and maintain high personal and professional standards • Evidence of being a strong team player • Be innovative with progression of the department • Competent use of IT programmes and online systems