



### Women's First Team Physical Development Coach

<b>Salary:</b>	Competitive
<b>Hours:</b>	Full-time
<b>Contract Type:</b>	Permanent
<b>Closing Date:</b>	15 <sup>th</sup> August 2021
<b>Location:</b>	West Ham United Training Grounds, Romford

We are committed to the principle of equality and equal opportunities in employment and have been accredited with being a Disability Confident Leader. We will actively promote equality and equal opportunities in our business to ensure that individuals receive treatment that is fair and equitable and consistent with their relevant aptitudes, potential skills and abilities.

West Ham United FC is committed to equality and safeguarding children and vulnerable adults. Positions that involve working with such groups are subject to safer recruitment protocols, including DBS Disclosure at enhanced level.

West Ham United staff enjoy generous benefits, including a contributory scheme, 25 days' leave and life assurance. You can also take advantage of childcare vouchers, interest-free season ticket loans, a cycle to work scheme and our employee wellbeing programme.



### **Job Purpose:**

An exciting opportunity has become available for an excellent Strength & Conditioning practitioner to join West Ham United Women's MDT team.

Working as a key member of an experienced MDT, the role involves leading the physical development support to the 1st team; both on and off-pitch, while being proactive in ensuring that performance-related logistics and operations around the team are reliable and consistent.

You will be managed by the Head of Performance and Wellbeing and your role will also incorporate spending time visiting other sports and researching the most up to date training methods for female athletes.

The Physical Development Coach requires both excellent technical skills and the ability to form meaningful, positive relationships with players and key stakeholders around the squad.

The expectations for the role include achieving a genuine, measurable impact on the physical characteristics of our players, while also providing a positive contribution to the immediate MDT and The Women's Team as a whole.

Our 4 key areas of physical development impact are:

- Improving player capability by improving physical performance.
- Ensuring players are resilient and robust enough to be available to train and play as much as possible at their level and the levels above.
- Providing a positive and meaningful contribution to MDT practice by offering information and insight.
- Researching and Delivering the most up to date training programs available to elite female athletes.

### **Key Responsibilities:**

- Lead the planning, delivery and review of physical development (on & off-pitch) to the women's 1st on a whole-squad and individual player basis as needed
- Lead on the planning, delivery and reporting of physical profiling to the team in line with department methodology.
- Lead on providing matchday physical performance support to the team.
- Implement monitoring processes (workload, wellbeing, neuromuscular state) with the team including data collection, analysis-interpretation and feedback/reporting to inform MDT communications and decision making.
- Work in collaboration with the 1st Team Coaches in the planning, programming and review of football technical/tactical/Physical training ensuring an integrated and systematic approach to football physical conditioning.
- As a key member of the Women's 1st Team MDT assume responsibility and use initiative in proactively handling logistics, organisation and arrangements of performance related matters to ensure the smooth operations of the team's performance programme.



- Contribute to and support the planning, delivery and review of return to play programmes as necessary ensuring an effective and efficient transition of injured players into the playing squad's performance environment.
- On an ongoing basis, act as an ambassador for the Physical Development department model and methodology while contributing to its implementation and evolution.
- Support the Academy Staff and Players with the transition of physical development and preparation of players to the 1st Team environment.

### **Equal Opportunities**

1. To ensure that all departments are provided within an anti-discriminatory framework and take account of such issues as race, gender, sexuality, disability, religion, sexual orientation and age.
2. To carry out work in a manner which promotes equality of opportunity for both staff and clients.

**Employees will be recruited and selected, promoted and trained on the basis of objective criteria.**

### ***Safeguarding:***

1. Staff must evidence a commitment to the safety and welfare of children, young people and adults at risk regardless of their age, gender, language, religion, ethnic background or sexual identity and ensure the safety and protection of all children, young people and adults at risk taking part in any activity arranged by or in the name of the Club.
2. It is a requirement for staff to follow the Club's Safeguarding reporting procedures to report without delay, allegations of abuse, poor practice or which is or may, impact on the welfare of a child, young person or adult at risk. After contacting and taking guidance from the Safeguarding Team, staff must use the Club's Child Protection Online Management System (CPOMS) to record the concern within 24 hours unless directed to do otherwise.

### ***Person Specification***

The ideal candidate will have skills and experience in the following areas: -

Essential (E) Desirable (D)

### ***Education, Qualifications, Experience***

- NVQ BSc in Sport Science/Strength & Conditioning or a related area (E)
- MSc in Sport Science/Strength & Conditioning or a related area (D)
- UKSCA Accreditation (E)
- BASES Accreditation (D)
- Emergency First Aid (FA EFAIF L2) (D)
- Previous experience of working with elite senior and/or development athletes (E)
- Experience of using strength diagnostics/physical profiling to inform training programmes. (E)
- Be a UKAD Clean Sport Advisor
- Previous experience of working with coaches in designing and delivering training programmes to achieve technical/tactical and physical outcomes. (E)
- Experience of leading people. (D)



***Abilities/Skills/Knowledge:***

- Ability to plan and deliver S&C programmes to achieve a genuine performance impact. (E)
- Understanding of statistics related to performance measurement (E)
- Effective and appropriate communication/relationship building skills. (E)
- Detailed understanding of, and ability to use monitoring systems related to physical performance (workload, wellbeing, neuromuscular state etc). (E)
- Understanding of periodisation and planning for female athlete development (E)
- Good understanding of growth & maturation and its implications on the development of athletes. (D)
- Understanding of statistics related to performance measurement (D)

As an employer we are committed to promoting and protecting the physical and mental health of our staff.

Please apply by submitting a CV and Cover letter to [humanresources@westhamunited.co.uk](mailto:humanresources@westhamunited.co.uk) by **Wednesday 17<sup>th</sup> September**

Due to a high number of expected applicants, only those successful will be contacted