**Physical Performance Coach**

Essex County Football Association, have proudly delivered the FA’s Regional Talent Club (RTC) programme for the last nine seasons and more recently have been rewarded an extension to continue operate the programme until the end of the 2022/23. This extension falls in line with The FA’s ongoing review of the current pathway and provision for talented female players.

The FA Girls Regional Talent Club programme is to identify and support the development of elite female players within a technical and educational programme to enable them to fulfil their sporting potential.

To ensure that we can continue to meet the programme’s purpose and the licence requirements outlined by The FA, we are seeking a **Physical Performance Coach** to strategically manage and deliver a stretching programme that will supports the planning, preparation, recovery and load management for players. They will support age group coaches in physically preparing the players for the technical programme ‘The Essex Way’ as well as deliver the centres vision/ethos during training with the aim to develop each and every player.

They will have an overview and understanding of the need for collaborative working with other staff within the programme to support player development both internally and within the elite player pathway.

The successful candidate will be required to have the following qualifications in place;

* A degree in BSc in Sports Science or a Sport Science related discipline and, hold UK Strength and Conditioning Association (UKSCA) or ASCC accreditation.
* In date FA DBS
* In date - FA Safeguarding Children Workshop
* In date – FA Level 1 Introduction to First Aid In Football
* Desirable - Established links with higher education establishments
* Desirable - to hold the NSCA or CSCS accreditation or completed MSc Strength and Conditioning or postgraduate or BASES Accreditation.

To apply for this exciting opportunity within the elite female pathway, please send in your CV and covering letter to centre manager Dani Warnes ([essexrtc@essexfa.com](mailto:essexrtc@essexfa.com)). The application window closes at midnight on **Wednesday 3rd August July 2022.** A provisional interview period has been set for the week commencing the **8thAugust 2022,** this will include an evening practical session on either the Monday evening 18:00 – 20:00 or the Wednesday 18:30 – 20:00 taking place in Colchester, Essex, CO2 9BG.

**Please note this role is part-time, will require an immediate start and is fixed for one season 2022/23 season.**

Essex County Football Association promotes inclusion and diversity, and welcomes applications from everyone. If you have any particular requirements in respect of the recruitment or interview process please mention this in your covering letter.

**Role Profile**

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| **Job Title:** | Physical Performance Coach |
| **Department:** | Girl’s Regional Talent Club |
| **Based at:** | Colchester, Essex   * Shrub End Community and Sports Centre |
| **Reports to:** | Technical Director & Club Manager |
| **Responsible for:** | All player across our three age groups; U12s, U14s & U16s |
| **Hours of work:** | * Mondays (from 18:00 onwards) – Training |
| **Contractual status:** | Paid - Casual/Seasonal Contract |
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| **Purpose** | |
| * To establish a sustainable system and approach to players physical preparation and development within the RTC and the England Lioness Talent Pathway. * To establish a sustainable system and approach to coach development, supporting development and progression. Aiding coaches to reach their fullest potential and consequently maximizing the potential of the players they work with. | |
| **Duties and responsibilities** | |
| *Technical*   * Ensure welfare, high standards of professional and ethical practice are conducted at all times. * Complete any appropriate and relevant pre, during and post testing questionnaires and/or activities and work in conjunction with the sports therapist/physiotherapist for a joint up approach. * Perform initial assessments through appropriate and specific testing methods. * Lead on the development and implementation of the clubs physical performance strategy. * Review annually with the technical director the clubs physical performance strategy. * Maintain and manage good relationships both internally with the head coaches and technical director, as well as externally with FA medical staff. * Support the head coaches during the player review process to ensure progress and areas of improvement are identified for players in regards to physical performance. * Work collaboratively with the sports therapist/physiotherapist coach to support player injury prevention and player rehabilitation.   *Player Development*   * Where required, deliver appropriate education to players/parents on aspects of physical development.   *General*   * Ensure comprehensive communication is undertaken with the regional and national medical staff. * Support, liaise and communicate with any volunteers who are observing your field of work. * Attend appropriate CPD and in service events. | |
| **Skills required** | |
| * Essential - A dynamic, confident communicator who can adapt communication to suite varied audiences (players, parents/carers, internal staff, external organisations), * Essential – ability to work part of a team, * Essential – a good motivator * Essential – a good listener * Essential - Extensive knowledge of safeguarding children | |
| **Knowledge and experience required** | |
| * Essential – experience supporting elite athletes * Essential – knowledge of the England Lioness Talent pathway * Desirable - Experience of supporting elite female players | |
|  | |
| **Qualifications required:** | * A degree in BSc in Sports Science or a Sport Science related discipline and hold UKSCA, NSCA, or BASES Accreditation. * In date FA DBS * In date - FA Safeguarding Children Workshop * In date – FA Level 1 Introduction to First Aid In Football * Desirable - Established links with higher education establishments * Desirable – to have completed an post graduate sport science degree. * Desirable - to hold the NSCA or CSCS accreditation or completed MSc Strength and Conditioning or postgraduate or BASES Accreditation. |
| **Working Pattern** | * Must be in attendance at all training sessions which include;   + Monday evenings (Colchester based) |
| **DBS check required:** | * Yes |
| **Other:** | * A clean driving licence and access to own vehicle is essential |