**Person Specification** – **Strength & Conditioning Coach (All age groups)**

**at the Girls Emerging Talent Centre**

**Title** Somerset FA Girls’ Emerging Talent Centre Coach – S&C Coach

**Location** Strode Sports Centre, Street, Somerset BA16 0AB

**Responsible to** Emerging Talent Centre Manager

**Purpose of post** To lead, whilst working within a multi-faceted team of staff, the planning and coaching processes in maximising the strength & conditioning of all ETC players

**Start date Wednesday 7th September 2022**

**Centre operates on: Wednesdays**

**Time: 6pm – 9pm**

**Venue: Strode College Sports Centre, Church Road, Street, BA16 0AB**

**Rate of Pay** £45 per session (to be based on experience), 3 hour session per week for 30 weeks

*Please note you will not be an employee of Somerset FA but will be engaged as a contractor to deliver the sessions. Consequently, this position is a self-employed position, you will be required to make the appropriate tax and national insurance payments from the gross payment.*

**Responsible for:**

* Design and lead all pre-training and pre-match warm ups
* Design and deliver all S&C sessions, ensuring that individual players needs’ are met (across all age groups – Foundation Phase / U14s / U16s)
* Work closely with the Sports Therapist to develop a performance programme for all players
* Proactively lead on hydration, nutrition and supplement strategies
* Daily, weekly and cyclical load monitoring and planning in line with periodisation plan (where required)
* Lead and monitor the S&C programming for players away from Centre training (home based programming)
* Liaise with Technical Talent Team re pre and post-camp regarding loading & wellbeing of National Talent Centre level players
* To organise and lead fitness testing at appropriate times throughout the season
* To assist the Sports Therapist as required with functional rehabilitation and return to play strategies
* Play an active role in the delivery of recovery sessions as required
* Develop relationships with pathway coaches to ensure club wide processes are

applied throughout

**Key Skills and Experience required:**

**Essential**

* Have a BSc in Sports Science or a related field
* Hold UK Strength & Conditioning Association (UKSCA) Accredited Strength and

Conditioning Coach (ASCC) credential (or working towards)

* The Football Association Level 2 Emergency First Aid in Football (EFAiF) qualification
* Be a UKAD Clean Sport Advisor
* Experience in delivering physical performance coaching in elite sport, including an

understanding of periodisation

* Excellent academic and applied knowledge of contemporary practice in physical

performance development

* Track record of successfully integrating into established and developing coaching

teams

* Previous experience of work within football
* FA enhanced DBS
* Understanding of child development
* Willingness to work evenings (Training) and during half term (Fixtures/Development Days)
* Willingness to attend Regional / National Training Dates
* Own transport essential
* An understanding and commitment to equality, diversity and inclusion
* Ability to work in a team

**Desirable:**

* Previous experience of working within the Girls and / or the Women’s game
* An MSc in Strength and Conditioning or postgraduate related.
* Additional S&C related qualifications (for example NSCA/BWLA/FA Level 3)
* To be a BASES Accredited Sports Scientist

If you are interested in this position, please complete the online application form here: <https://forms.gle/f5PgDS5KkpTZ11iu7> Closing date for all applications is **Monday 25th July 2022**.

References and qualifications will be verified ahead of any appointment to the role)

If you require the application in a difference format (hard copy, large print etc) please contact: **Rachael Lawler-Edwards**; [rachael.lawler-edwards@somersetfa.com](mailto:rachael.lawler-edwards@somersetfa.com) / 07951 360626

**Opportunity for Personal Development:**

Staff excelling in the FA Girl’s Talent Pathway may be identified and mentored in The FA Regional Programme. This may include shadowing or observing Regional and National staff, attending personal development days and being part of a specific coaches network to share ideas with staff involved with other Emerging Talent Centres in the country.

***Somerset FA acknowledges the duty of care to safeguard and promote the welfare of children and young people. We are committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice. As this role may involve direct access to young persons under the age of eighteen and/or Adults at Risk, within the context of the job or any subsequently related activities or responsibilities, the successful candidate will undergo a thorough screening process and will be required to undertake a Disclosure and Barring Service (DBS) check through The FA DBS process. The possession of a criminal record will not necessarily prevent an applicant from obtaining this post, as all cases are judged individually according to the nature of the role and information provided.***

*Somerset FA Ltd is an equal opportunities employer and would actively encourage people from diverse backgrounds to apply.*