



JOB DESCRIPTION

JOB TITLE	First Team Strength & Conditioning Coach
LOCATION	Wrexham AFC, Racecourse Ground, Mold Road, Wrexham, LL11 2AH
REPORTING TO	Head of Performance Medicine and Sports Science
DIRECT REPORTS	Casual Strength & Conditioning Coaches
JOB TYPE	Full-time, must be prepared to work unsociable hours with little notice of tasks that need completing
SALARY	Competitive, based on experience
CLOSING DATE	12 th December 2021

JOB PURPOSE

The role is to provide Wrexham AFC players with first class Sports Science, Strength & Conditioning services to help enhance performance and squad availability. This is an opportunity for an ambitious, enthusiastic and driven individual who can work collaboratively and holds strong values and demonstrates high standards.

MAIN RESPONSIBILITIES

Working under the direction of the Head of Sports Medicine and Sports Science:

- Deliver 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 a athletic development.
- Assist in the management of injuries and rehabilitation of players to enhance the return to play pathway following injury.
- Deliver varied on pitch sessions (warm-ups / CV conditioning / recovery) as required.
- Manage gym areas in co-operation with other Strength and Conditioning team members / MDT team.
- Oversee 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 that reflect scientific principles (adaptation, periodisation, peaking, tapering and injury rehabilitation).
- Record through the use of excel and other formats players adherence to Strength and Conditioning programs.
- Work closely with MDT members to enhance and continue to develop injury prevention / performance / nutrition and recovery strategies.
- Provide detailed daily GPS data from all training, rehabilitation sessions and matches.
- Produce and oversee players off season fitness programmes. +
- Occasional support for other teams including matches, gym sessions and GPS Data.

EXPERIENCE/QUALIFICATIONS REQUIRED

- BSc (Hons) Sports Science / Strength and Conditioning
- Minimum 2 years' experience in football, or elite full-time sport environment.



PERSONAL SPECIFICATION – SKILLS / ABILITIES REQUIRED

Essential

- Experience of training / rehabilitation principles and a sound understanding of rehabilitation process.
- Excellent communication skills with the ability to liaise with players, MDT 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.
- Ability to display key GPS data visually post sessions.

Desirable

- UKSCA Accredited or working towards
- First aid trained.
- Extensive experience working in elite sport.
- Experience working in multi-sport setting.

CLUB VALUES

Equality, Diversity & Inclusion

Wrexham AFC are committed to equality, inclusion and diversity of opportunity to ensure we provide fair and non-prejudicial access to the services across the Club. It is the policy of the club that no person, whether player, job applicant, employee, volunteer or customer, shall be discriminated against. The club opposes all forms of unlawful and unfair discrimination, either direct or indirect, or harassment, on the grounds of the following 'protected characteristics': Age, Disability, Gender Reassignment, Marriage & civil Partnership, Pregnancy & Maternity, Race, Religion or Belief, Sex and Sexual Orientation.

Safeguarding

Wrexham AFC are committed to ensure vulnerable adults and children are protected and kept safe from harm whilst engaged in services organised and provided by the club and are committed to fulfil its responsibilities by ensuring it displays best practice in safeguarding matters, DBS references will be required where relevant.

Code of Conduct

Wrexham AFC expects the highest standards of integrity and conduct of its employees and volunteers. All staff are expected to follow the club's Code of Conduct and act in the interests of the club at all times.

How to apply:

To apply, download and complete an application form. Completed forms should be emailed to vacancies@wrexhamafc.co.uk or you can send your application by post to Wrexham AFC, Racecourse Ground, Mold Road, Wrexham, LL11 2AH.

Please note, we may bring the closing date for this role forward should we receive a high volume of applications.

This role profile is not exhaustive, it will be subject to periodic review and may be amended to meet the changing needs of the business.