



LEWES FC | JOB OPPORTUNITY

Girls Pathway S&C Interns (volunteer)

Lewes FC Women play in the Barclays Women's Championship, the second tier of professional women's football in England.

We currently have vacancies for S&C interns within our Girls Pathway at Lewes FC which includes players U13 through to U21.

We are looking to work with individuals who have aspirations to learn and develop as strength and conditioning coaches and we are keen to support individuals who would be taking up this role to complete required practical hours for education/professional qualification purposes. You would be working alongside fully qualified and experienced S&C coaches and physios to support your development.

We are a highly collaborative coaching team so we value individuals who are able to contribute positively to this environment as well as have the ability to support high potential players within a professional environment.

Job Title: Pathway S&C Coach (Intern)

Employer: Lewes FC

Hours & Availability: The various pathway teams will train Mondays - Wednesdays and Fridays. Consistency is key for us so we are happy to discuss your availability and work with you to develop a periodised gym schedule which would not be expected every training evening.

Reports to: Pathway Technical Lead & Pathway S&C Lead

Reports: None

Key relationships: Pathway Technical Lead, Pathway Coaches, Pathway Physio, 1st Team/Pathway S&C Coach

Location: The Dripping Pan, Lewes, Mountfield Road

Closing date: Open until filled

Roles and responsibilities:

- Developing programmes specific to female pathway players U13-U21 athletic development alongside the S&C lead
- Contributing to the development of pathway players through gym-based sessions, on pitch movement sessions and/or warm ups
- Assisting/leading gym and pitch based S&C sessions as pre-planned within the MDT to meet periodised team and individual player objectives
- Helping players to record gym sessions regularly so progress can be monitored and tailored as required
- Assisting/working with the pathway physio and coaches to rehab players and conduct return to play sessions
- Contributing to the completion of IDP documents and meetings with individual players at checkpoints during the season as required
- Assist with relevant administrative tasks related to the role, attend and contribute to club meetings
- Report safeguarding concerns
- Represent Lewes FC in a professional manner and adhere to the Lewes FC Code of Conduct and club policies.

Qualifications, Skills and Experience

- Undergraduate degree in Sport & Exercise / Sport Science or similar - or working towards
- BS in Kinesiology or related field - or working towards
- Preferred - MSc (or working towards) in a related subject
- Preferred - FA Coaching Qualifications
- Valid FA First Aid Qualification
- Valid FA Safeguarding
- Experience working with young athletes and coaching female athletes
- Evidence of strong organisational skills and effective oral and written communication skills
- Personable and enthusiastic with a strong work ethic
- Committed and Consistent so the players and staff can depend on you
- Good team player who can work on own initiative

Our Offer

This is an internship role with ongoing development opportunities.

To Apply

Lewes FC is keen to support better representation of female and BAME coaches and managers in football. We particularly welcome applicants from aspiring female coaches and coaches from BAME backgrounds.

To apply, please send a CV and cover letter to the Pathway Technical Lead kerri@lewesfc.com (with the subject line: Pathway S&C Intern: Your Name) including your qualifications and your experience of working with female players or athletes.