



## LEWES FC | JOB OPPORTUNITY

# Physical Performance Coach Women's First Team Barclays Women's Championship

### Physical Performance Coach

**Job Title:** Physical Performance Coach

**Employer:** Lewes FC

**Hours & Availability:** Full Time Role - Minimum 40 hours/week, 52 weeks/year

**Remuneration:** £25,000

**Key relationships:** 1<sup>st</sup> Team Manager, Performance Staff, General Manager, CEO

**Location:** The Dripping Pan, Lewes, Mountfield Road, BN7 2XA

### Overview

Lewes Women's FC is looking to recruit a highly motivated, innovative, passionate, and committed physical performance coach, to undertake a full-time role overseeing the strength, conditioning, and physical preparation care of our women's 1<sup>st</sup> team players, who compete in the FA Women's Championship.

The successful applicant will have gained experience and extensive knowledge from working within elite sport and have a keen interest in evidence based, preparation, performance and recovery strategies involving professional female athletes.

Overseeing the planning and programming of care, communication, prevention, treatment, management, rehabilitation, and physical performance development of players before, during, and after injuries.

We have a strong emphasis on team ethos and collective responsibility to drive towards our individual and collective targets. You will be working closely with the team's MDT staff and the club's sport science, medical, performance staff, analysis, and technical staff to ensure our players can perform consistently at an elite level of competition.

## Role Key Accountabilities

The successful candidate will have the experience, skills, and character to lead our women's 1<sup>st</sup> team physical performance planning, oversight, and management, fulfilling the following requirements:

- **Strength and Conditioning Programming and Coaching**
  - Responsible for the planning, delivery, and review of evidence informed strength & conditioning programmes (on/off-pitch) that maximise individual physical development and group physical performance.
  - Collaborate with injury management team to deliver strength and conditioning programmes that contribute to prevention, return to play, and rehabilitation of long-term injuries.
- **Profiling and Monitoring of Physical Performance**
  - Plan, deliver, and feedback on evidence informed Physical Profiling systems that inform individual development plans, individual S&C programmes, prehab, and rehab/return to play programmes.
  - Contribute to the development and Implementation of evidence informed monitoring systems (external load, internal load, wellness, neuromuscular state) that provide actionable insights to inform multidisciplinary team decision making.
- **Recovery Intervention**
  - Contribute to the development and implementation of innovative and evidence-based recovery protocols.
  - Use athlete monitoring data collected to inform and individualised approach to recovery sessions.

## Essential qualifications and experience

- BSc in Sport Science, Strength & Conditioning or related area.
- UK Strength & Conditioning Association (UKSCA) Accredited Strength and Conditioning Coach (ASCC) credential.
- UKAD Clean Sport Advisor.
- The Football Association Level 2 Emergency First Aid in Football (EFAiF) qualification.
- FA safeguarding certificate
- Experience working in a multi-disciplinary team
- Experience working in an elite sporting environment
- Significant experience developing and delivering physical development programmes to achieve objective performance impact
- An ability to develop excellent relationships with players, coaches, and wider MDT
- An ability to utilize performance related data to inform practice

## Desirable qualifications and experience

- An MSc in Strength and Conditioning or postgraduate related.
- Additional S&C related qualifications (for example NSCA/BWLA/FA Level 3).
- Previous experience working with elite female athletes / in Women's Sport
- Previous experience working in professional football
- Experienced delivering / contributing to successful physical change in complex injury rehabilitation/return to play programmes.
- BASES Accredited Sports Scientist.

## How to apply

Lewes FC prides itself as an equal opportunity employer and we encourage and welcome applications from all candidates including those from under-represented backgrounds such as women, people with disabilities, BAME and LGBTQ+ candidates.

Given the low levels of diversity in football, we understand that candidates from under-represented backgrounds are unlikely to have been given adequate opportunity in the game. Consequently, we will ensure that the application process does not unduly favour candidates with such experience over applicants without it. At the same time, the essential qualifications listed are required of us to maintain our FA Women's Championship licence and we cannot hire outside of those requirements.

**To apply, please submit a CV and Cover Letter to: [applications@lewesfc.com](mailto:applications@lewesfc.com) with the subject line: Physical Performance Coach: Your Name.**

Clearly articulate in your cover letter how your experience and personal characteristics align with the values and ambitions of Lewes FC, as well as provide evidence of how your qualifications and experience in the women's professional game match the role described above.

We will begin interviews coinciding with the open application process.

With pre-season underway, we will fill the role as soon as possible, when we find the right candidate.