



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: Based on experience

Key relationships: 1st 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 1st 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 1st 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.
- Ensure integrated innovative and female-focused Sports Science Support for Lewes Players.
- Support and develop women as women.
- **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.
 - Monitoring optimal women's health, wellness, recovery, physical profiling and match load, nutrition and return to play strategies.
- **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 utilise 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 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.

Application Deadline: 15th December

We will begin interviews coinciding with the opening of the application process. Please note that in the instance of high volumes of applications we may close this vacancy earlier than the closing date noted above.