

# WBA FC Women's Senior 1<sup>st</sup> Team

## Strength and Conditioning Coach

### Job Description



<b>Job Title:</b>	West Bromwich Albion FC Women's 1 <sup>st</sup> Team Strength and Conditioning Coach
<b>Reports to:</b>	Director of Football
<b>Responsible for:</b>	West Bromwich Albion FC Women's 1 <sup>st</sup> Team
<b>Location:</b>	The Hawthorns, Birmingham Road, B71 4LF
<b>Contract Term:</b>	11 months; from 1 <sup>st</sup> August 2022
<b>Hours of work</b>	<p>This is a part-time role with an approximate number of 12 hours per week.</p> <p>It is anticipated that you will work every WBA Women 1<sup>st</sup> Team training session per week, each match day, and connect with players and staff during the week around video analysis, session and match day planning, target setting, logistics etc.</p> <p>You will be required to work outside of normal office hours, at evenings and weekends, but home working for administration and non-contact delivery is acceptable.</p>
<b>Salary Band:</b>	
<b>Salary:</b>	£6,720
<b>Job Purpose</b>	
<p>The post holder will be responsible for leading, delivering and developing the physical and S&amp;C programme for West Bromwich Albion FC Women's 1<sup>st</sup> Team</p>	
<p><b>West Bromwich Albion FC Women's 1<sup>st</sup> Team Strength and Conditioning</b> will be responsible for:</p> <ul style="list-style-type: none"> <li>To support the physical development of WBA Women FC footballers as individuals, and as a team, in line with club style of play and player profile systems.</li> <li>To arrange the ordering of all strength and conditioning based equipment.</li> <li>To liaise and cooperate with the players and managers/S&amp;C coaches from the WBA FC Women's Development and RTC teams to ensure a smooth transition and clear pathway into the 1<sup>st</sup> team</li> <li>To work where possible with the Director of Football, WBA FC Women's Development coaches, and WBA FC Girls RTC Lead and senior staff to develop and embed a transparent and productive philosophy and 'on pitch identity'.</li> <li>To observe a minimum of 2 x Development team fixtures and be present for 4 x RTC training sessions or Match Days in the season.</li> <li>Preparing reports and strategic updates where requested by DoF.</li> <li>Share expertise and experiences in an informal CPD format to Women's coaches.</li> <li>Lead all warm ups &amp; post match top ups for players in match day squads</li> </ul>	

- Lead weekly pitch based conditioning sessions & gym sessions where required
- Manage the GPS system- OHCoach equipment and reporting
- Create and maintain a tracking system and manage loading for players

## **General**

Ensure the Women & Girls department compliments strategically and operationally West Bromwich Albion Football Club.

Work with schools, colleges and University to develop further initiatives and opportunities across curriculum and beyond.

Develop resources that support professional development of staff and participants of the programme where necessary.

Developing and strengthening links with external organisations that fall within the department (e.g. WBA FC Academy, FA, Sandwell Academy, University of Wolverhampton, local junior clubs).

Ensuring all activities are delivered in accordance with WBA FC and Governing Body Health & Safety Guidelines and the Welfare of all participants is paramount.

Delivering the relevant reports and attend the relevant meetings as requested by the Chairman of WBA FC Women

Maintain relevant personal CPD to retain coaching and education qualifications and to develop your personal knowledge for the benefit of both yourself and WBA FC.

Complying with the company policy requirements for Equal opportunities, Racial Equality, Sex Discrimination and Disability.

Using ICT as required and to gain qualifications appropriate within the field in order to carry out the role of the job.

Such other duties as may be appropriate to achieve the objectives of the post to assist the company in the fulfilment of its objectives commensurate with the post holder's salary grade, abilities and aptitudes.

You will be expected to accept reasonable flexibility in working arrangements and the allocations of duties to reflect the changing roles and responsibilities of West Bromwich Albion FC. Any changes arising will take into account salary and status. They will also be subject to discussion with individuals or sections within the organisation.

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### Person Specification



Qualifications	Essential	Desirable
A relevant degree programme in Sports Science or a Sport Science related discipline	✓	
Evidence of completion or working towards either The FA's Level 3 Physical Performance Award, CSCS or UKSCA accreditation.	✓	
The FA First Aid in Football Qualification	✓	
Knowledge and understanding of child protection issues including holding a current FA Safeguarding Children Workshop certificate	✓	
An accepted Enhanced FA DBS	✓	
Experience of coaching young players	✓	
An appreciation and experience of mentoring and developing other coaches	✓	
Full Driving licence	✓	
Car Owner	✓	
<b>Experience</b>		
Must be an outstanding practitioner and have previous proven track record of working on S&C within football coaching, the girls and women's game	✓	
Working across a public, private and voluntary sector in a multi-agency approach	✓	
Activity planning and a sound knowledge of the workings of a Professional Football Club and/or grass roots within an MDT	✓	