



Role Profile

WSL Academy Strength and Conditioning Lead

Role Reports To: Youth Technical Director

Role Purpose: Development and delivery of a Sports Science and Strength and Conditioning support program to players within the WSL Academy.

Main Responsibilities and Accountabilities

- Delivery of individual and group strength and conditioning services to players.
- Specific responsibility for the support of players within the Academy, including pre-training preparation, post-training strategies, field-based conditioning and general sports science support.
- Understanding of female biomechanics and physiology.
- Develop structures and platforms for progression to a first team environment.
- Work with the football coaches to develop practices that incorporate physical, tactical, technical and mental components so that time spent training maximises parameters as efficiently and effectively as possible.
- Improve performance throughout to help develop, implement and evaluate strength and conditioning programmes
- Maintain a comprehensive database of work conducted with athletes and coaches in line with the Club's Data Protection policy. To include monitoring of, training loads and intensities, session content, and strength and conditioning/injury prevention sessions delivered to players
- Perform physical testing at regular times throughout the season; monitor and assess activities to construct profiles and log adaptation to training stimulus
- Work effectively with other support staff and services, including physiotherapy/medical services, to provide an integrated approach to performance enhancement
- Development and delivery of nutritional strategies/education to help promote performance nutrition
- Maintain the necessary professional qualifications and complete continuing professional development required by relevant football and/or other professional bodies as are necessary to maintain your professional status and perform in this role
- Actively participate with any audit which the Club is required to undergo in order to maintain or as a result of its League status
- Ensure compliance with all the Club's Policies and Procedures, paying particular regard to the Equal Opportunities Policy and Health and Safety procedures at all times.
- Any other duties as deemed necessary by your Line Manager or Head of Department.

Key Skills & Experience

- BSc or MSc in Sports Science, Strength and Conditioning or similar.
- UKSCA ASCC accreditation, or currently working towards this qualification.
- FA Level 2 Emergency First Aid in Football or equivalent
- Experience in providing S&C support to athletes and coaches to improve performance within a professional setting.
- Experience in developing, implementing and evaluating strength and conditioning/rehab and prehabilitation programmes
- Knowledge and ability to construct, strength, power and endurance based training programmes, both gym and field based
- Knowledge of and ability to coach and integrate football skills and techniques into strength and conditioning sessions where deemed appropriate.
- Ability to implement innovative ideas, problem solve, make decisions and comfortable working under pressure within strict timeframes.
- An understanding of I.T. and ability to use computer based programmes to fulfill the role of the job.
- Commitment to continued professional development, both personally and departmentally.
- Extremely motivated and passionate about high performance sport
- Flexibility is required for working evenings, weekends and on public holidays.
- Full Clean UK driving licence.

Disclosure and Barring Service Check Requirement

- Requirement to undergo an enhanced DBS check and sign up to the online DBS update service.

Aston Villa Football Club is an inclusive institution that provides a welcoming environment to supporters, the local community, customers, employees, contacts and competitors. We want to ensure that the Club and all its subsidiaries are free from discrimination of any kind, embracing all regardless of age, race, disability, gender reassignment, pregnancy and maternity, sexual orientation, marriage and civil partnership, sex (gender), religion or belief.

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