



JOB DESCRIPTION: 1st Team Physical Performance Coach

Working within the 1st team physical performance department, the physical performance coach (PPC) will assist in the delivery of team & individual strength/power sessions and pre-training preparation, as well as optimising individual development programmes (IDPs). Furthermore, the PPC will manage the physical condition of transitional players across professional development phase (PDP) and 1st team squads.

In addition, the individual will be required to assist with ongoing development of data science projects across the wider performance department.

It is expected the individual will be highly capable of working within an interdisciplinary team of physical performance coaches, medical staff, and technical coaches to deliver optimal individualised physical performance programmes.

Department	1 st Team
Report to	Head of Physical Performance
Direct reports	N/A
Key Relationships	Head of Performance (Science & Medicine), Performance Rehabilitation Coach, MSc Work Placement Students, Club Doctor, Medical Staff, Head Coach and Technical Coaches.
Remuneration	£35,000.00-£40,000.00 per annum.
Contract	Full Time (40 hours)
Working Schedule	<p>The role requires an individual who can perform such hours as necessary to complete their roles and responsibilities.</p> <p>The position will involve working irregular hours (e.g., evenings/Saturdays/Sundays/Bank Holidays) based around team schedules.</p>
Roles and Responsibilities	<ul style="list-style-type: none"> • Deliver team and individual strength, power, and pre-training preparation sessions • Work collaboratively within the interdisciplinary team (IDT) to deliver optimal individualised development programmes (IDPs) • Assist with performance delivery for the 1st team squad (where required) (i.e., gym & pitch based RTP and conditioning sessions, as well as non-squad players on matchday) • Ensure data collection is maintained to the highest standard and utilised in a rational and objective manner, in line with physical performance KPIs • Maintain detailed records for the department of all actions in accordance with relevant legislation, policies, and procedures • Work with the data science department to ensure ongoing projects are evolved and integrated within the performance department • Provide feedback to the Head of Physical Performance on all aspects of delivery



	<ul style="list-style-type: none"> • Help develop methods to measure the impact of IDPs within the performance model • Encourage an IDT approach of working within the performance department that includes close links to all areas of the Club • Work together with universities to supervise, co-ordinate, assist and educate the performance MSc work placement students • Participate in key topic research to provide clinically & technically based evidence for current and new physical performance practices • Participate in internal and external professional development activities and demonstrate a commitment to undertake on-going formal education programmes • Carry out any other reasonable management requests
General	<ul style="list-style-type: none"> • Follow all Club Policies, such as Equality & Diversity, Health & Safety, Safeguarding, Anti-Corruption & Bribery and GDPR. • Adhere to a strict Code of Confidentiality in respect of any information relating to Swansea City Football Club and its operation • Make suggestions to improve the working environment and contribute to positive employee relations within your area of work and Swansea City Football Club as a whole • Take reasonable care for the health and safety of yourself and other employees and members of the public who may be affected by your acts or omissions at work • Comply with all aspects of the Swansea City Football Club Health and Safety Policy and Arrangements, to enable the Company to perform its civil and statutory obligations in relation to Health & Safety • Ensure effective communication within your work team and across Swansea City whilst actively offering support and guidance, as necessary
Person Specification	
Qualifications	
Essential	<ul style="list-style-type: none"> • Undergraduate degree in Sport Science, S&C or related subject • Postgraduate degree in Sport Science, S&C, or related subject • Recognised certification in S&C related competence (e.g., UKSCA, CSCS etc.) • FA/FAW First Aid (BFAS) Certificate
Desirable	<ul style="list-style-type: none"> • Coaching qualification (i.e., FA/FAW C License) • Evidence of an extensive and structured CPD portfolio • Experience of using data visualisation tools (i.e., Tableau) • Familiarity of using football data sources (e.g., OPTA, StatsBomb, Skill Corner, Catapult, VALD etc.)
Skills, Knowledge, and Experience:	
Essential	<ul style="list-style-type: none"> • A minimum of 2-3 years post MSc qualification experience in the provision of physical performance to professional players in an elite sporting environment



	<ul style="list-style-type: none"> • Evidence of planning and delivering S&C programming (gym and pitch based) in an elite sporting environment. • Good experience of monitoring systems and how such systems link to the physiology of football • Proven experience of communicating and disseminating knowledge and information of physical performance within a high-performance environment • Experience of working in pressurised situations and to deadlines • Excellent written and IT skills • Ability to adapt and change at short notice
Desirable	<ul style="list-style-type: none"> • A minimum of 1-2 years working full-time within professional football
Attitude/Behaviours	<ul style="list-style-type: none"> • Proactive mentality • Thinks ahead with a “can do” attitude • Generates innovative ideas • Works well in a cognitively diverse performance department • Loyal and committed • Ability to adapt quickly • Strong team ethos •
Personal Qualities	<ul style="list-style-type: none"> • Takes pride in ensuring a high quality of work • Highly organised and able to manage multiple tasks • High importance on self-development • High level of confidentiality • Willingness to learn • Ability to work unsupervised • Invested in continuous personal development

The closing date for this vacancy will be **5pm on Sunday 4th December 2022**

If you believe you have the right mix of skills for this position, please complete the Application Form available [here](#).

Please note CV's will not be accepted.

Equal Opportunities

Swansea City AFC strives to ensure it provides an environment where everyone's rights, dignity and individual worth is respected and takes a zero-tolerance approach to any form of discrimination. Equal Opportunity is an integral part of our recruitment and selection process, and we welcome applications from all individuals who feel they meet the core requirements of the role.

We are particularly encouraging applications from women, disabled people and individuals from diverse ethnic communities who are currently under-represented within the organisation.



All appointments will be made on merit of skill and experience relative to the role.

The Company is committed to safeguarding and promoting the welfare of children and young people involved in activities and event at the Company. As part of the Company's recruitment and selection process any offers of work involving working in regulated activity with children are subject to a satisfactory enhanced DBS Disclosure and barred list check (depending on the level of supervision, frequency, and nature of contact with children). Appropriate references are also required.

Should an adequate number of applications be received prior to the closing date, Swansea City AFC reserve the right to remove this advert.

Due to a high demand in applications the Club will be unable to respond to those applicants who have not been shortlisted for interview.