



## JOB VACANCY

**JOB TITLE** 1<sup>st</sup> Team Physical Performance Coach  
**DEPARTMENT** First Team

**SALARY** Competitive  
**BENEFITS** 25 days holiday, plus bank holidays  
Cycle to Work Scheme  
Private Medical Insurance & Health Cash Plan  
2 x Complimentary home match tickets  
Discounted Club Merchandise  
Enhanced Family Leave Payments

**RESPONSIBLE TO** Head of Performance

**CONTRACT** Full-time, 40 Hours a Week

**WORKING HOURS** The position will involve working irregular hours (evenings, weekends and bank holidays)

### JOB SUMMARY

Working within the 1<sup>st</sup> Team performance department, the physical performance coach will play a key role in the delivery of all physical preparation sessions to the 1<sup>st</sup> team playing squad. The physical performance coach will also assist in collection, analysis and reporting of all physiological performance monitoring. The role will involve being an important member of the team in delivering gym and pitch based sessions, both for the team and on an individual basis as required. Furthermore, the physical performance coach will help with the management of the physical condition of transitional players across professional development phase (PDP) and 1<sup>st</sup> team squads.

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

## ROLE RESPONSIBILITIES

- Work closely with the performance team to appropriately develop and periodise effective gym based and pitch based programmes for the physical development of all 1<sup>st</sup> team players.
- Work closely with the performance team to appropriately develop and periodise effective gym based and pitch based programmes for the rehabilitation of any 1<sup>st</sup> team players returning from injury.
- Delivery of gym and pitch-based team and individual physical performance sessions.
- Delivery of gym and pitch-based individual rehabilitation sessions.
- Manage the collection, analysis and reporting of team and individual physiological performance testing & monitoring.
- Work closely with the performance team to optimise and monitor individual recovery following games.
- Work closely with the consultant nutritionist to optimise team and individual performance nutrition (inc., supplementation, pre/post-match etc.).
- Encourage an interdisciplinary approach of working within the performance department that includes close links to all areas of the club.
- Ensure relevant and appropriate staff development using CPD and development plans to continuously develop and enhance individual and department performance.
- Carry out any other reasonable management requests.

## Skills, Knowledge and Experience

### Essential

- Undergraduate degree in relevant discipline
- Postgraduate degree in relevant discipline
- Minimum 3 years' experience in relevant role within professional football

### Desirable

- Relevant Strength & Conditioning/ Physical Performance related qualifications (UKSCA, CSCS, BASES etc.)
- Football Coaching qualifications (UEFA B Licence etc.)



## CRIMINAL RECORD CHECK REQUIREMENT

This role will require an Enhanced DBS Check.

### GENERAL STATEMENT

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.

### SAFEGUARDING & WELFARE

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).

The Company may also conduct online searches of candidates who have been shortlisted as part of its safer recruitment procedures. Appropriate references will be required.

### EQUALITY, DIVERSITY & INCLUSION STATEMENT

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.

## HOW TO APPLY

Please complete an Application Form, available [HERE](#). If you require the application form in an alternative format, please email [jobs@swanseacity.com](mailto:jobs@swanseacity.com)

The closing date for this vacancy will be **Friday 5<sup>th</sup> September 2025**.