



JOB VACANCY

JOB TITLE Lead Academy Strength & Conditioning Coach
DEPARTMENT Academy

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 Academy Sports Science and Medicine

CONTRACT Full-time (40 hours)

WORKING HOURS Flexible, including weekends and bank holidays

THE ROLE

Swansea City Football Club are recruiting a “Lead Academy Strength and Conditioning” to join our performance team, in particular the U9-U18s age groups.

The ideal candidate will contribute towards the long term athletic development of all academy players and work with the football coaches, performance team, physiotherapists and other support staff to deliver an elite service adopting an holistic approach to improving performance.

ROLE RESPONSIBILITIES

- Full time management of the U9-U18s Squads.
- Lead and develop the athletic development curriculum of the U9-U18s.
- Educate work placement students to deliver the athletic development curriculum.
- Lead and develop the monitoring and periodization of the U13-U18s.
- Lead U18s match day support that includes warm up and cool downs.
- Lead U18s end stage rehabilitation.
- Aid on the management and development of the internship students for U9-U16s.
- Plan and coach warm up sessions which align with the technical and physical theme of the day.

Role Responsibilities

- Assist with the field based and growth maturation testing protocols of all academy players
- Assist with the programming of rehabilitation programmes of the academy players.
- Assist with the programming and delivery injury reduction programmes.
- Complete daily PMA records.
- Take part in external and internal CPD, and contribute to the evolution of the current program

PERSON SPECIFICATION

Essential:

- Bachelor's degree (2:1 minimum) in Sport and Exercise Science or sports related discipline.
- Hold or currently undertaking BASES Accreditation.
- Attendance of UKSCA Workshops
- Experience of working in a strength and conditioning setting with young elite athletes.
- Experience of working in a football academy.
- Valid FA First Aid and or Basic First Aid for Sport Qualification
- FA Safeguarding certificate.
- Excellent understanding of monitoring and managing peak height velocity.
- Ability to work effectively and efficiency within a multidisciplinary team.
- Excellent communication skills.
- Empathy with young people and their challenges
- A dynamic, hardworking and enthusiastic individual

Desirable:

- UKSCA accreditation or ability to achieve in 12 months.
- Master's degree in a Strength and Conditioning or related.
- Understanding of football movement.
- Playing experience to a high level in football.
- Excellent Microsoft office skills.
- Competent in operating industry specific equipment and software including Opto jump, Force plates, Nordboard.



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

The closing date for this vacancy will be **10/12/2025**.