

**JOB TITLE**

Fitness Coach (U9-16)

DEPARTMENT

Medical

RESPONSIBLE TO

Head of Academy Sports Science

RESPONSIBLE FOR

This role currently has no direct reports

JOB SUMMARY

To provide Sports Science support to all Newcastle United Academy players, delivering a comprehensive programme that is in line with the Sports Science programme and the Academy philosophy.

ROLE RESPONSIBILITIES

- Deliver a Sports Science (SS) programme that reflects best practice and scientific principles in order to maximise performance;
- Provide technical coaching support in SS, broadening the Clubs knowledge and understanding of SS practice in a professional football Academy;
- Provide SS support to all Foundation and Youth Development players on training and match days, both home and away;
- Provide SS support to the rehabilitation process in line with the requirements of the Academy Medical team;
- Contribute to and support the development of the Academy Performance Plan;
- Identify and facilitate appropriate communication methods to explain the most effective use of SS practice;
- Support the player education process and provide updates on player progress as required;
- Develop and maintain the Academy SS Performance Management system;
- Represent the Academy SS department at meetings, events and conferences;
- Engage with and support both personal and departmental continuous professional development;
- Assist with the Academy SS Research and Development programme to enhance understanding and answer performance questions related to the physical development of all Academy players;
- Maintain a comprehensive, indexed database of work conducted;
- Work within the rules of professional confidentiality and follow the BASES and/or UKSCA code of conduct, standards and guidelines;
- Assist in the management, maintenance and development of the SS equipment and facilities at the Academy;
- Any other reasonable duties.



ROLE REQUIREMENTS

- Perform duties with due regard to club policies and procedures and legislative requirements at all times;
- Ensure implementation of the clubs health & safety, safeguarding, welfare and equality policies to create a safe working environment for all;
- Ensure working practices are compliant with relevant legislation and data protection legislation and/or general data protection regulations (GDPR) requirements;
- Undertake continuous professional development (CPD) training and/or additional training as identified or as required.

QUALIFICATIONS & TRAINING

Essential

- A qualification at degree level (or equivalent) in Sports Science or Strength & Conditioning from a recognised University
- UKSCA or BASES Accreditation, or the ability to obtain within an agreed timeframe
- FA Safeguarding Certificate
- FA Emergency First Aid in Football

Desirable

- A qualification at higher degree level (or equivalent) in Sports Science from a recognised University
- ISAK Accreditation

KNOWLEDGE, SKILLS AND EXPERIENCE REQUIRED

Essential

- Experience providing SS support to elite youth athletes and coaching staff with proven ability to positively impact performance
- A knowledge and understanding of the physiological demands of elite youth football
- Awareness of the pressure and challenges of working in a high performance environment
- Able to create and maintain positive working relationships with key stakeholders
- Able to deliver SS support on a group and individual basis

Desirable

- Knowledge and understanding of the Elite Player Performance Plan and associated audit process
- Experience dealing with the challenges associated with the transition of players through the Academy development pathway
- Experience of the applied research process

CRIMINAL RECORD CHECK REQUIREMENT

This role requires a criminal records check (CRC) deemed suitable by the Club, at the following level; enhanced.

Where a role requires a CRC this must be obtained by the Club. The requirement of a CRC for this role is due to responsibilities relating to children under the age of 18 years and/or adults at risk of harm.



GENERAL STATEMENT

All employees of the Club must at all times carry out their responsibilities with due regards to all policies and procedures and in particular health and safety, confidentiality and data protection.

SAFEGUARDING & WELFARE STATEMENT

The Club is committed to the safeguarding and welfare of all children, young people and adults at risk of harm and requires all staff, volunteers and others associated with the Club to share and endorse this commitment.

As part of this commitment, all staff are expected to undertake regular safeguarding and welfare related training and to ensure the environments in which they work remain safe at all times. This includes ensuring 'best practices' are adopted at all times and incidents or concerns are proactively reported. Safeguarding is considered everybody's responsibility.

EQUALITY, DIVERSITY & INCLUSION STATEMENT

The Club is committed to equality, diversity and inclusion, encapsulated by the Club's brand United As One, and believes in equal opportunities for all. We expect that all staff, volunteers and others associated with the Club share and endorse this commitment in a positive manner. The club does not tolerate any form of direct or indirect discrimination, victimisation or harassment. Your behaviour must align to the principles of equality as outlined in the Clubs equality policy which can be found at www.nufc.co.uk/UnitedAsOne.