



Blackburn Rovers Football & Athletic Ltd

Job Description

Job title:	First Team Athletic Performance Coach
Department:	Senior Athletic Performance
Based at:	Senior Training Centre, Old Langho, Blackburn, BB6 8FA. Flexibility regarding location is required.
Reports to:	Lead Athletic Performance Coach
Responsible for:	N/A
Hours of work:	40 hours per week plus any additional hours necessary for the performance of duties. This will include evening and weekend work.
Contractual status:	Permanent
1. Job purpose:	Responsible for the athletic preparation and development of all BRFC first team players.
2. Duties and responsibilities:	<ul style="list-style-type: none"> • Evaluate and monitor all First Team player's physical capacities through a variety of testing methods; • Design and deliver effective individualised strength and conditioning programmes aimed at developing physical capacities, skills and durability; • Work closely with the Medical Department to plan and deliver individualised pre-training preparation sessions to all first team players; • Plan and deliver regular performance profiling for all first team players and ensure effective and timely feedback to all Athletic Performance staff; • Regularly liaise with the Medical Department regarding injured players and assist with end-stage rehabilitation programmes; • Plan and deliver scientifically robust indoor recovery sessions; • Deliver extra pitch-based sessions for non-squad players; • Assist with team training session warm-ups and conditioning runs; • Provide assistance on matchdays to players' pre-match, during and post-match; • Provide six-weekly phase feedback to the Athletic Performance team regarding individual strength and conditioning programmes; • Support the U23 Athletic Performance Coach with U23 performance testing as and when required; • Ensure the department processes are efficient, robust and aligned throughout the Club; • Deliver multidisciplinary team education throughout the season; • Drive department progression by continually researching new and innovative processes that improve athletic development; and • Any other duty as reasonably assigned for the success and productivity of the department.
3. Skills required:	<ul style="list-style-type: none"> • Ability to coach senior first team footballers effectively within the physical performance space; • Ability to use a range of Microsoft or similar software packages to effectively document, analyse and report information efficiently and attractively; • Ability and experience of force plates, Vald equipment, VBT devices, GPS devices, IKD machine, amongst various other profiling and diagnostic tools; • Ability to use GPS and heart rate tracking technologies; • Ability to use a variety of physical testing technologies; • Ability to effectively communicate information related to individual athletic performance to a wide variety of staff (medics, coaches, players etc.);



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	<ul style="list-style-type: none">• Ability to meet specific deadlines and work in a high-pressure environment;• Ability to self-manage and show initiative; and• The ability to work effectively in a team environment.
4. Knowledge required:	<ul style="list-style-type: none">• Knowledge of scientific principles that underpin effective training programme design, evaluation and monitoring; and• Knowledge of the underpinning physical capacities and skills required in professional football.
5. Qualifications required:	<ul style="list-style-type: none">• Strength and Conditioning Certification e.g. UKSCA, NSCA, ASCA or EXOS (essential);• Post-graduate qualification in Sports Science/Strength and Conditioning or another related field (essential);• BASES Accreditation (desirable); and• UEFA B Licence (desirable)
DBS check required:	Yes (enhanced)

The document is a guide only and should not be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of changing needs of the organisation.

How to apply

Due to high-levels of interest, this post may close early so early application is advised, otherwise the closing date for this role is 9:00am on Monday 18th January 2021. To apply, please email your application form and covering letter to recruitment@rovers.co.uk

CV's will not be accepted.

Equality and Diversity

Blackburn Rovers FC is committed to the principle of equal opportunity in employment and its employment policies for recruitment, selection, training, development and promotion are designed to ensure that no job applicant or employee receives less favourable treatment on the grounds of race, colour, nationality, religion or belief, sex, sexual orientation, marital status, age, ethnic and national origin, disability or gender reassignment.

Safer Recruitment

Blackburn Rovers FC is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. The job holder will be required to undertake appropriate safeguarding checks as well as providing proof of right to work in the UK.