



Blackburn Rovers Ladies Football Club Ltd.

Job Description

Job Title:	U10's / U12's Performance Coach
Department:	Blackburn Rovers Girls' Regional Talent Club (RTC)
Based at:	Accrington and Rossendale College, however flexibility regarding location is required.
Reports to:	RTC Technical Director
Responsible for:	N/A
Hours of work:	Monday's 5:30pm – 7:30pm Wednesday's 5:30 – 7:30pm Sunday's Matchday – times may vary depending on location
Contractual status:	Permanent
1. Job purpose:	Responsible for the Sports Science programme of Blackburn Rovers Girls' RTC under 10's and under 12's age groups.
2. Duties and responsibilities:	<ul style="list-style-type: none"> • To work in line with Blackburn Rovers Girls' RTC philosophy and values; • Provide sports science provision to all the U10/12 age groups of the RTC; • Implementation and delivery of the fitness testing, programming and delivery of Individual Learning Plans for the relevant age groups; • Keep records of all players' data, training routines and any other information relating to the different age group training and development; • Conduct wellbeing questionnaires to the U10/12 players and report to appropriate members of staff to ensure training can be tailored to meet individual player needs; • Devise a structured warm up and cool down for the RTC and adapt according to age group; • Lead the first section of the U10' and U12's warm up; • Advise players on hydration and monitor this throughout training and games; • Ensure substitutes are kept warm and mobile throughout the game / use resistance bands for activation; • Conduct fitness testing at least three times per season with all age groups and produce relevant training plans for all players; • Deliver workshops to players and parents on diet and nutrition ensuring players have a full understanding of the dietary requirements of a professional footballer; • Be pro-active in own learning and development; and • Any other duties as reasonably assigned by the Technical Director Elite in relation to this role from time to time.
3. Skills required:	<ul style="list-style-type: none"> • Organisation; • Time management; • Ability to meet strict deadlines; • Ability to work under pressure; • Attention to detail; • Communication & presentation skills (both written and verbal) to a range of audiences;



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	<ul style="list-style-type: none">• Ability to work as part of a team;• Ability to work independently; and• IT Literate.
4. Knowledge required:	<ul style="list-style-type: none">• Knowledge and relevant experience of working within a female elite sporting environment;• Knowledge of player development within the female game;• Knowledge of safeguarding children and/or vulnerable groups; and• Understanding of the FA Girls' England Talent Pathway.
5. Qualifications required:	<ul style="list-style-type: none">• Relevant Sports Science Degree or equivalent qualification;• FA Emergency Aid Certificate;• FA Safeguarding; and• FA Coaches Licence.
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 Wednesday 28th August 2019**. 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

