



JOB TITLE:

Head of Strength and Conditioning

ROLE PROFILE:

Working within the First Team, the Head of Strength and Conditioning will be responsible for the delivery of team & individual strength/power sessions, pre-training preparation, as well as cleaning, analysing and reporting the physical demands of training.

REPORTS TO:

Director of Football & First Team Manager

ROLES AND RESPONSIBILITIES:

- Deliver team strength and power sessions.
- Deliver daily pre-training preparation sessions inclusive of content including linear and multi-directional speed.
- Decide on measurable KPIs and perform testing batteries within the season to report individual development, aid with program design and develop individualised aims based on statistical analysis.
- Assist with performance delivery for the First Team squad (i.e., gym & pitch based RTP and conditioning sessions as well as live feedback during training sessions to the technical staff with regards to the physical load of sessions).
- Ensure data collection is maintained to the highest standard and utilised in a rational and objective manner, in line with physical performance KPIs.
- Work personally with the sport science intern to develop their applied knowledge and deliver CPD's regularly throughout the season.
- Responsible for pre and post training and match nutrition including travelling. As well as the ordering of supplements.

ESSENTIAL:

- Undergraduate degree in Sport Science, or relevant course.
- Recognised certification in Strength & Conditioning related competence (e.g., UKSCA, CSCS etc.).
- First Aid Certificate.
- 3+ Years in a delivering Sport Science/Strength & Conditioning in a professional environment.
- Evidence of an extensive and structured CPD portfolio.
- Full driving licence. Domestic travel will be required.
- Experience using wearable technology platforms, specifically Catapult Openfield.



Crawley Town Football Club

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DESIRABLE:

- Postgraduate degree in Sport Science, or relevant course.
- BASES Accredited.
- EXOS Performance Mentorship.
- FA Coaching qualifications

HOURS:

Hours aligned with first team schedule. Attendance at all first-team training sessions and matches is essential.

SALARY:

Competitive salary and bonuses dependent on experience.

CLOSING DATE FOR APPLICANTS:

Friday 19th December 2022

To apply for the role, please send your CV and covering letter to careers@crawleytownfc.com with your expected compensation.

