



The New Saints FC

Academy Sports Scientist / Strength & Conditioning Coach

Club History and Tradition

The New Saints FC is the most successful club in Welsh Domestic Football, winning the National Cymru Premier League more times than any other club, including consecutively for an eight-season period in 2017 and achieving the World Record of 27 consecutive wins, whilst competing in UEFA Competitions every year for over 20 years or more, creating a club structure to the envy of other Welsh Domestic Clubs.

Club Vision

To continue to be the most successful club in Welsh Domestic Football and to compete in the league phase of a UEFA Club Competition on regular basis, ensuring that all football industry stakeholders recognise that our Club and our National League in Wales is the powerhouse of talent and commands the respect and equality of other national leagues throughout Europe

Club Culture and football philosophy

The New Saints FC will continue to implement game changing systems and leadership in Welsh Domestic Football. Historically, the club has led the way - 'The TNS way' with a state of the art 3G pitch, player fitness programmes, a clear academy player pathway, internal succession planning for its people, player performance analysis, unique sponsorship funding initiatives and thought leadership programs to ensure each player, coach, manager and staff member reaches their optimum potential.

The club, by recruiting young talented players with potential and by developing coaches and players through the club's investment in coach education and its player pathway respectively greatly assists the club in implementing our vision. The ultimate aim is to be successful on the UEFA stage by qualifying and progressing to the group stages of a UEFA Club Competition, whilst developing players of real value on the football transfer market or to fully utilise such players within our club in order to fulfil our vision and ambition.

Job Title:	Academy Sports Scientist / Strength and Conditioning Coach
Reporting to:	Academy Manager, Head of Sports Science, Senior Leadership Team
Overall Purpose of Job:	
- To lead the delivery of Sports science and S&C provision for the Boys and Girls Academy. 25-hour contract. - Working week – Monday 1:00-7:30pm, Tuesday 1:00-7:00pm, Wednesday 4:00-8:00pm, Thursday 1:00-5:30pm, plus 3-5 hours of flexible admin time throughout the week.	
Main Responsibilities/Description of Duties:	
- Plan and deliver weekly on-pitch SAQ contacts for our U8-13 age groups. - Plan and deliver age-appropriate weekly gym-based strength and conditioning contacts for our U14-16 age groups. - Be present at all U19 contacts and lead all elements of sports science and strength + conditioning provision for this age group. - Contribute towards player rehab and individual performance programs. - Design and implement a long-term athletic development (LTAD) programme to develop each player along their journey throughout the Academy. - Produce regular player development reports outlining physical progress for improvement. - Conduct regular physical testing batteries across the course of the season for all players within the youth development phase. - Conduct regular anthropometric measurements for all players within the Academy. - Utilise advanced monitoring tools and techniques to track and evaluate player progress throughout their development, adjusting programs as necessary to optimise outcomes. - Frequently collect growth and maturation data to enable close monitoring of each player's physical growth, in order to individualise and tailor strength and conditioning programs to support and optimise physical development across all Academy age groups. - Implement and follow the club's growth and maturation criteria across academy, with the selected individuals receiving an individualised program to aid development through peak growth spurts. - Design and implement injury prevention strategies across all Academy age groups. - Collaborate with medical and physiotherapy staff to support the rehabilitation and return-to-play process for injured players. - Help educate players on physical development, recovery, sleep, nutrition, hydration, and lifestyle factors that influence performance.	
Description of Knowledge, Technical and Personal Skills:	
- Experience of working with athletes, from novice/amateur to professional (Essential) - Experience of completing physical exercise and strenuous activities (Essential) - Be IT literate and proficient using Microsoft Word, Excel, and PowerPoint (Essential) - Experience working with Catapult or other GPS systems (Desirable) - Experience working in professional football or high-performance environments (Desirable) - Working knowledge of higher excel programming and data processing (Desirable) - To always adhere to club policies and standards (Essential) - Understanding of the club's commitment to EDI and Safeguarding (Essential) - Able to communicate clearly and effectively with players and staff at all levels with absolute discretion (Essential) - Committed, enthusiastic and passionate about the athletic development of professional football players (Essential) - Dedicated to self-improvement (Essential) - Be able to work effectively under pressure within a multi-disciplinary team (Essential) - Good team player who can work on own initiative (Essential)	

Required Qualifications or Working Towards:
• Degree in Sport Science or related field (BSc or MSc) (Essential) • UEFA C Coaching Qualification (Desirable) • Valid Enhanced DBS check (Essential) • Full UK Driving License (Essential)

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.

Application Process:

Please send your **CV** (no more than two pages) and **cover letter** (no more than one page) to the Academy Manager **Kieran.Lee-Birch@tnsfc.co.uk** and **Toby.Green@tnsfc.co.uk**, detailing how you would be suitable for this important role within our Youth Development Programme, and why you want to work for The New Saints FC.

Closing Date:

Suitable candidates will be interviewed as and when they apply. The club reserves the right to close the post as soon as the suitable candidates have been identified.

Equality and Diversity

The New Saints 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

The New Saints 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.