

SUTTON UNITED FC WOMEN'S FIRST TEAM
JOB DESCRIPTION

Job Title: Head of Strength and Conditioning
Reports to: Women's First Team Manager
Department: Women's Section
Location: VBS Community Stadium, Sutton

ROLE

Oversee and assist with the delivery of individual and group strength and conditioning services to our women's first team players. To include pre-training preparation and post-training strategies, field based and gym based conditioning.

KEY RESPONSIBILITIES

- Oversee the design, implementation, development and management of the strength and conditioning programme in accordance with the Women's Player Performance Plan.
- Ensure that the delivery of the strength and conditioning programme to the Women's first team effectively meets its performance commitments to female players (including young female players).
- Ensure that organisation investigates and implements best practice in supporting young players.
- Oversee the delivery of functional movement screening, anthropometric measurement and physical performance tests in line with the women's first team testing schedule and maintain up to date individual player records.
- Attend, contribute to and provide regular reports at appropriate meetings associated with the women's first team.
- Work effectively with other support staff and services, including physiotherapy/medical services, to provide an integrated approach to player development.
- Undertake other reasonable duties as requested by the women's first team management.

KEY CONTACTS

Internal: Physiotherapists, Coaches, Players, Women's First Team Manager

External: Parents and Guardians, Governing Bodies and Universities.

SKILLS AND COMPETENCIES

Essential: Level 4 Strength and Conditioning or related discipline.
Significant strength and conditioning experience including work with young athletes.
Good communication, IT and presentation skills

Desirable: Experience of working with young footballers, ideally in women's football.
Previous experience of developing and managing other people
MSc Sports Science or related discipline.