



Job title:	Academy Athletic Development Coach (12-16's)
Employer:	Cardiff City Football Club
Location:	Cardiff City Academy, Cardiff City Stadium, Vale Resort
Contract:	Part-Time (Permanent)
Salary:	Depending upon experience
Hours of Work:	20 hours per week on a flexible basis to include evening and weekend working where required
Department:	Academy
Reporting to:	Academy Manager Academy Lead Sport Scientist Academy Lead Strength and Conditioning Coach

Job purpose

The Academy Blueprint places an increased importance on the development of athletic potential within our young players. The main purpose of this role is to develop, implement and manage the Athletic Development programme for the U12-U16 squads and to assist in the development and implementation of the athletic development programme for the U18 Squad on occasion.

Working hours will vary, but will be largely based around the training schedules of the squads stated and likely to look like (below) although some timings may be negotiable and shared with other performance based staff in the department.

Tuesday - 10:30am – 8pm

Wednesday - 6:00-9:pm

Thursday - 3:30 – 8:00pm

Friday - 5:00-8:00pm

Main duties

- Maintain responsibility for the Athletic Development provision for U12-U16 players under the guidance of the Academy lead coaches in sport science and strength and conditioning.
- Introduce and maintain all aspects of safe gym useage with young players, including kit storage.
- Oversee the planning and delivery of individual gym-based strength & conditioning sessions for U12-U16 players under the guidance of the senior leads.
- Plan and deliver individual and group field-based Athletic Development sessions, for U12-U16 players, including daily warm ups centred around our movement skill themes.
- Plan and deliver individual and group gym-based Strength & Conditioning sessions, for U12-U16 players, centred around our movement competency themes.
- Provide Sport Science Support on Home match days when required.

- Lead the monitoring and analysis of training and match GPS data where appropriate; working to ensure that this data is used to optimise player development and injury prevention.
- Conduct anthropometric measurement and physical performance testing in line with the testing schedule and ensure accurate and up to date individual player records are maintained.
- Provide senior leads with accurate and relevant information regarding anthropometric, performance and pitch based data to support player development.
- Work alongside the Academy Head of medical and Academy Physiotherapists in relation to the rehabilitation programmes of the U12-U16 players, utilising the academy-based rehabilitation protocols.
- Ensure all data bases and reporting mechanisms are maintained and up to date including use of Kit Man Labs.
- Support older age groups as an when required by line manager.
- Maintain regular communication with the Academy Sport science Lead, Academy strength and conditioning Lead, Academy Head of Medical, Senior Academy Physiotherapists and Academy coaching staff.
- Attend all meetings, in-service training days and seminars as required by the by the club and EPPP regulations.
- Respond to all enquires within Cardiff City Football Club and EFL/PL Charter guidelines.
- Adhere to a strict code of confidentiality in respect of any information relating to Cardiff City Football Club and its operation.
- Ensure compliance with Cardiff City Football Club's Safeguarding (Child Protection), Health and Safety and Equal Opportunity procedures and practice.
- Act in a manner that supports the Academy Vision and Values.
- Ensure our children work in a fun and enthusiastic setting.

Person Specification

	Essential	Desirable
Qualifications	<ul style="list-style-type: none"> - A minimum BSc (Hons) degree in a Sport and Exercise Science/Strength and Conditioning or related subject 	<ul style="list-style-type: none"> -A postgraduate degree in a Sport and Exercise Science/Strength and Conditioning or related subject -Relevant Strength and Conditioning Qualification (UKSCA/NSCA) or ability to achieve in an agreed timeframe -BASES Accreditation or ability to achieve in an agreed timeframe -Football Coaching Qualification

Experience	<ul style="list-style-type: none"> - Experience of strength and conditioning delivery to groups of athletes. -Experience working as part of a multidisciplinary team -Experience of sports science delivery to groups of athletes. 	<ul style="list-style-type: none"> -Experience and knowledge of football environment -Experience working with youth athletes across the U12-U16 ages -Experience working with GPS systems/technology
Knowledge	<ul style="list-style-type: none"> -Organised in planning, preparation and execution of a periodised training program -Demonstrable competency in physical performance administration, analysis, and evaluation - Ability to deliver information to players and staff through a variety of means on and off the field 	<ul style="list-style-type: none"> - Ability to work and utilise relevant technology (GPS, Force Plates, etc) - Functional IT skills in relevant software (Microsoft Office, PMA, GPS Software)
Skills	<ul style="list-style-type: none"> -Adaptability to be effective in a dynamic, fast-paced environment -Strong communication skills in a variety of settings -Ability to work as part of a broader multidisciplinary team - Open-minded approach to adopting best-practice and current research-backed principles 	<ul style="list-style-type: none"> -Self-awareness and reflective skills as part of a professional development process
Attitude	<ul style="list-style-type: none"> -Passionate and hard working -Proactive 'can-do' approach to work and those around them - Someone who embraces our 'we not me' culture and ethic. -Self-motivated within a team and capable of motivating those around them 	

Equality Statement

Cardiff City Football Club promotes equal opportunities in employment we positively welcome applications from all candidates regardless of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.

Safer Recruitment Policy

Cardiff City Football Club operates a 'safer recruitment policy' and is committed to safeguarding and promoting the welfare of children and adults at risk and expects all staff and volunteers to share this commitment. All appropriate reference checks and Enhanced Level Disclosure and Barring Service (DBS) checks form a significant part of this recruitment process.

How to apply?

If you are interested in this position, please complete a club application form along with a CV and send to advert@myjobvacancies.co.uk stating “**Academy Athletic Development Coach (12-16’s)**” as the subject.

The closing date for receipt of completed application forms is **5pm on Wednesday 25th February.**
With interviews scheduled for Monday 2nd March.

As we are anticipating many applications for this role, please note only shortlisted applicants will be contacted.