



<b>Job title:</b>	Academy Athletic Development Coach (u8-u12's)
<b>Employer:</b>	Cardiff City Football Club
<b>Location:</b>	Cardiff City Academy, Cardiff City Stadium, Vale Resort
<b>Contract:</b>	Part-Time (Permanent)
<b>Salary:</b>	Depending upon experience
<b>Hours of Work:</b>	20 hours per week on a flexible basis to include evening and weekend working where required
<b>Department:</b>	Academy
<b>Reporting to:</b>	Academy Manager Academy Lead Sport Scientist Academy Lead Strength and Conditioning Coach

<b>Job purpose</b>
The Academy Blueprint places an increased importance on the development of athletic potential and movement competency within our young players. The main purpose of this role is to develop, implement and manage the Athletic Development programme for the U8-U12 squads and to assist in the development of movement competency across the foundation phase.
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.
Monday: 5:00-7:00pm Tuesday – 9:00am- 7:00pm Wednesday – 5:00-7:00pm Thursday – 5:00-7:00pm Friday – 5:00-7:00pm Saturday: - 9:00am – 12:00pm

<b>Main duties</b>
<ul style="list-style-type: none"><li>• Maintain responsibility for the Athletic Development provision for U8-U12 players under the guidance of the Academy lead coaches in sport science and strength and conditioning.</li><li>• Introduce and maintain all aspects of safe gym usage with young players, including kit storage.</li><li>• Oversee the planning and delivery of individual gym-based strength &amp; conditioning sessions for U8-U12 players under the guidance of the senior leads.</li><li>• Plan and deliver individual and group field-based Athletic Development sessions, for U8-U12 players, including daily warm ups centred around our movement skill themes.</li><li>• Lead the monitoring and analysis of training to optimise player development and injury prevention.</li></ul>

- 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.
- Work alongside the Academy Head of medical and Academy Physiotherapists in relation to the rehabilitation programmes of the U8-U12 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 and 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 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 develop in a fun and enthusiastic setting.

### Person Specification

	<b>Essential</b>	<b>Desirable</b>
<b>Qualifications</b>	<ul style="list-style-type: none"> <li>- A minimum BSc (Hons) degree in a Sport and Exercise Science/Strength and Conditioning or related subject</li> </ul>	<ul style="list-style-type: none"> <li>-A postgraduate degree in a Sport and Exercise Science/Strength and Conditioning or related subject</li> <li>-Relevant Strength and Conditioning Qualification (UKSCA/NSCA) or ability to achieve in an agreed timeframe</li> <li>-BASES Accreditation or ability to achieve in an agreed timeframe</li> <li>-Football Coaching Qualification</li> </ul>
<b>Experience</b>	<ul style="list-style-type: none"> <li>- Experience of strength and conditioning delivery to groups of athletes.</li> <li>-Experience working as part of a multidisciplinary team</li> </ul>	<ul style="list-style-type: none"> <li>-Experience and knowledge of football environment</li> <li>-Experience working with youth athletes across the U8-U12 ages</li> </ul>

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

### 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](mailto:advert@myjobvacancies.co.uk) stating "**Academy Athletic Development Coach (u8-12's)**" as the subject.

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

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