



Job Description (Strength & Conditioning Coach/Sports Therapist)

Job Title	Women's First Team S & C Coach and Sports Therapist	Date Prepared	September 2026
Reports to	Head of Women's and Girls' Football	Hours of Work	Casual
Closing Date	Monday 14 th September (5pm)	Location	Ocean Park Arena Cardiff City Stadium Away Match Travel

Job Role

Contribute towards Cardiff City Women's Performance and Medical Departments' vision of optimising player availability, physical performance, and athlete wellbeing through elite, integrated, evidence-based physical performance and sports therapy support.

Key Responsibilities

Strength & Conditioning

- Ensuring there is strong implementation of individual physical performance support to Women's First Team players; ensuring that each player's individual physical priorities are targeted, driven by objective profiling.
- Lead the monitoring and analysis of physical performance data, working to ensure that this data is used to optimise on-field and gym-based training practices through the production of comprehensive physical performance reports.
- Plan, design & deliver individual-specific training preparation and strength and conditioning programmes with the aim to enhance physical performance and develop robustness of all Women's First Team players.
- Assist with the performance delivery of the Women's First Team squad (including warm-ups, regeneration and recovery, rehabilitation, individual conditioning) as well as non-squad players additional loading on matchdays, to maintain fitness of all Women's First Team players.
- Support the planning and delivery of individual and team performance testing, player readiness protocols/screening, and be an integral part of the multi-disciplinary approach in prescribing interventions to improve physical performance.
- Liaise closely with other performance and medical staff regarding the prevention and rehabilitation of all injuries. Be an integral part of the multi-disciplinary approach to return-to-play processes and develop effective strength and conditioning programmes for the rehabilitation of any injured Women's First Team players.
- Ensure data collection is maintained to the highest standard and utilised in an objective manner, in-line with physical performance benchmarks.

Sports Therapy

- Assist the Lead Sports Therapist with the assessment, treatment and ongoing management of player injuries during training sessions and matchdays.
- Provide sports massage, soft tissue therapy and musculoskeletal treatments to support player recovery, preparation and wellbeing for First Team and, where required, Academy players.
- Attend First Team training sessions and matches to provide sports therapy support, including pre- and post-training/match treatment, pitch-side assistance and medical department administration as required.

General

- Ensure compliance with health and safety regulations and healthcare governance procedures including the security and protection of confidential information.
- Carry out any other reasonable duties as directed by the Head of Women's and Girls' Football or other senior managers of the Club.

Club Responsibilities

Health and Safety

- To take responsibility for your own health, safety and welfare, ensuring compliance with Cardiff City Football Club's Health and Safety Policy, procedures and safe systems of work.

Data Protection

- To take responsibility for the protection of personal data and confidential information, ensuring compliance with General Data Protection Regulations and Cardiff City Football Clubs Data Protection Policy.

Training & Development

- To undertake all reasonable training, learning and development activity designed to support you in your role.

Diversity and Equality

- To be responsible for your own behaviour and act in a manner that avoids and discourages any form of discrimination or harassment; to comply with Cardiff City Football Club's Equal Opportunities Policy.

Qualifications, Key Skills and Experience

Essential

- Degree in Strength & Conditioning, Sport & Exercise Science, Sports Therapy, Sports Rehabilitation, or a related discipline.
- A recognised qualification enabling the delivery of Sports Therapy services with membership registration to relevant professional body such as BASRaT, Society of Sports therapy, Sports massage association.
- Valid First Aid qualification (ITMMiF or equivalent preferred).
- Minimum two years' experience in a Strength & Conditioning, Sports Therapy or rehabilitation role in a performance sport environment.
- Experience supporting injury management, rehabilitation and return-to-play processes.
- Experience working within a multidisciplinary performance and medical team.

- Strong understanding of strength and conditioning principles and their application in football.
- Experience with athlete monitoring and training load technologies (e.g. GPS).

Desirable

- Postgraduate qualification in Strength & Conditioning, Sports Therapy, Sports Rehabilitation, or a related discipline.
- UKSCA ASCC, NSCA CSCS, or equivalent accreditation (or working towards).
- Additional qualifications in sports massage, manual therapy or rehabilitation.
- Experience working within women's sport.

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 submit an [application form](#) and CV to advert@myjobvacancies.co.uk stating “**Strength and Conditioning Coach (Women’s Team)**” as the subject.

The closing date for receipt of completed application forms is **17:00pm Monday 14th September 2026**