



Job Advert

Job title:	Women's 1 st Team Performance Coach
Employer:	Reading Women's Football Club
Location:	Bearwood Training Ground RG41 5DB, Madejski Stadium RG2 0FL and various
Contract:	Full Time, Fixed Term
Salary & Benefits	<p>£30,000.00 per annum</p> <ul style="list-style-type: none"> • Paid day off to celebrate your birthday • Employee Assistance Programme with free access to help, advice, and support • Complementary home match ticket • 25% off full priced Reading FC merchandise • Auto-enrolment into the Club's pension scheme (depending on eligibility) • Group Life Assurance benefit (death in service cover)
Hours of work:	37½ hrs per week on a flexible rota basis to include evening, weekend and match day working
Department:	Women's Football
Reporting to:	Director of Women & Girl's Football / Women's 1 st Team Manager

Equality, Diversity and Inclusion Statement

Reading Football Club are committed to ensuring equal opportunities are given to all and welcomes applications from all areas of the community regardless of age, disability, sex, gender reassignment, sexual orientation, pregnancy and maternity, race, religion or belief, marriage and civil partnerships

Safeguarding Statement

Reading Football Club recognises that the safety and protection of children and young people engaged in club activities must take priority over all other considerations. Due to this post being in regulated activity, the potential employee will be required to undertake a Disclosure and Barring Service check at the appropriate level. It is a criminal offence for a barred person to attempt to engage with vulnerable group. Engagement will be subject to sight of a satisfactory DBS disclosure and stringent background and reference checks.

Job purpose

- To be responsible for all Reading FC Women 1st Team and Development squad players.
- To maximise the fitness, preparation and performance of the elite players working in conjunction with, and in support of, playing and medical staff.









Accountabilities

- To work in co-ordination with the Women's medical team to provide all Physical Preparation activities for Women's football at Reading FC (including Strength & Conditioning, and Sports Science)
- To work in co-ordination with the Women's medical team to create and develop daily, weekly, monthly and seasonal plans to support player conditioning and rehabilitation
- To lead the process of monitoring of player workload, wellness and readiness for all training and match activity, including the collection and storing of information to the player profiles
- To assist the Physiotherapists with screening and testing of the players, including rehabilitation and return to play programs.
- To take the lead on the coaching of group and individual S&C sessions.
- To understand and implement Reading Football Club's Child Protection, Health, Safety and Equal Opportunity procedures as practice.
- To report to the First Team Manager on a daily basis to discuss / plan player and training schedules.
- To support other 1st Team and Academy Physical Preparation staff in their roles and professional development, taking an active role as a mentor
- To actively contribute as part of a coordinated and progressive Medicine & Performance department and the wider football department to the ongoing physical development and progression of the playing squad
- To ensure attendance at all training sessions and matches
- To adhere to a strict code of confidentiality in respect of any information relating to Reading Football Club and its operation
- There is an expectation that you will undertake adhoc work on an exceptional basis or provide relevant cover for other team tasks

Behaviours & Attitude

- To be a role model for all club values and ways of working – “walk the talk”
- To exude a can-do attitude (best of Reading Football Club)
- To be flexible and agile, always ready to adapt if things don't go to plan
- To be an ambassador for Reading Football Club
- To act in a manner that supports the Club's Vision & Values at all times

Key Performance Indicators

-  To collect training workload data and deliver daily and weekly reports to technical coaches and medical staff
-  To conduct physiological testing throughout the season with all players.
-  To provide match day sports science support both home and away, which may include travel, overnight stays or trips abroad from time to time
-  To support medical staff in the rehabilitation of injured players.
-  To respond to all enquires within Reading Football Club Charter guidelines.
-  To adhere to a strict code of confidentiality in respect of any information relating to Reading Football Club and its operation
-  To be presentable at all times when working and demonstrate that you can represent the face of the club in the manner expected
-  To maintain Reading Football Club's Safeguarding (Child Protection), Health, Safety and Equal Opportunity procedures and practice

Person specification

	Essential	Desirable
Qualifications	<ul style="list-style-type: none"> • BSc in Sports Science / Strength & Conditioning or related field • UKSCA Accredited or Certified S&C Specialist (CSCS or NSCA) • First Aid (EFAiF) 	<ul style="list-style-type: none"> • MSc or PhD in Sports Science/Strength & Conditioning or related field • Qualification in Nutrition/Dietetics • BASES accredited Sports Scientist • UK Sport Anti-doping Accredited Advisor
Experience	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Experience of working in an Elite Sport environment, preferably a team sport
Knowledge	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •
Skills	<ul style="list-style-type: none"> • Strong verbal & written communication skills • Good computer & numeracy skills 	<ul style="list-style-type: none"> •

Attitude	<ul style="list-style-type: none"> • Proactive & positive attitude • Ability to work irregular and unsocial hours as required involving work outside normal office hours, at evenings, weekends and bank holidays • Commitment to develop elite athletes 	

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Closing date for applications:	12 noon Monday 12th July 2021 Please note, we reserve the right to shortlist and interview prior to the closing date above
Contact:	Please send your completed application form to recruitment@readingfc.co.uk CV's will not be accepted