



JOB DESCRIPTION

JOB TITLE: U15's & U16's Sport Scientist
DEPARTMENT: Sport Science
REPORTS TO: Lead 9s to 16s Athletic Development Coach & Head of Academy Performance Services
LOCATION: Sir Jack Hayward Training Ground, Compton
HOURS: Full-time 37.5 hours per week (flexibility will be required due to the nature of this role)
DATE: June 2024

We are Wolves; progressive, determined, bright, unified and humble. A pack that is hungry for success. Wolves is one of the fastest growing professional football clubs in the UK, and also boasts one of the richest histories in the beautiful game.

Formed in 1877, Wolves was a founder member of the Football League, and was one of the country's most successful sides in the fifties and sixties. During a two decade spell the Black Country's most decorated side won three First Division titles and one of its four FA Cups.

Fast forward to 2021, three seasons at Molineux saw Wolves clinch the Sky Bet Championship trophy with 99 points, followed by a seventh-place finish in the Premier League, which included memorable wins over Manchester United, Tottenham Hotspur, Chelsea and Arsenal. The next season saw the team complete a memorable double over the reigning champions, equal the previous season's seventh place finish and reach the quarter finals of the Europa League all as part of the 'longest season' in league history, either starting before or finishing after all other teams.

But this post is about what we will do next, not what we have done.

We are committed to safeguarding and promoting the welfare of children, young people and adults at risk. We expect all colleagues and volunteers to share this commitment. This means that the post-holder is required to apply all relevant policies and uphold the Club's commitment to safeguarding children, young people and adults at risk and to ensuring that Wolves is free from discrimination and harassment.

Job purpose

We are seeking an exceptional individual to lead our U15's & U16's Sport Science provisions, focusing primarily on the planning, implementing and monitoring on-field physical conditioning and gym-based Strength sessions here at Wolverhampton Wanderers Football Club

Key responsibilities:

- Plan, deliver, lead and assist Athletic Development sessions to the U15's & U16's age groups as well as the wider U9s to U16s program.
- Lead Daily readiness to train provisions alongside medical staff for YDP
- Internal and External load monitoring i.e. GPS, wellness reporting, RPE



- Produce data visualisations using PowerBi – Including but not limited to: Matchdays, Training sessions, Weekly Reports, Growth & Maturation
- Plan and implement individual player-specific conditioning programs.
- Assist in the formulation and delivery of injury prevention programmes.
- Lead on matchday protocols including Physical preparation, nutrition, hydration and post-match conditioning where required
- Lead and assist fitness testing protocols in conjunction with the Premier League.
- Provide regular oral and written reports at appropriate meetings associated with the Strength and Conditioning support (athlete programme design, athlete attendance and adherence, test and monitoring reports, programme overview, review and updates).
- Initiate and contribute to special projects that are part of the wider development of the medical and exercise science department at the football club
- Assist the Lead 9s to 16s Athletic Development coach in the development of our studentship program
- To complete multi-disciplinary reviews for each player, providing short, medium- and long-term action points throughout the season when necessary
- Completion of the training register for all players, including session and player evaluation of training within 24 hours on the online management tool (Kitman Labs)
- Participate and contribute to the internal and external CPD provision in order to continue the development of the program

General responsibilities

- Compliance with Club policies
- Compliance with the Club's health and safety procedures
- Compliance with the Club's safeguarding policies
- To promote the Club's values
- To work consistently to embed equality & diversity into the Club
- To undertake such other duties as may be reasonably expected
- To maintain professional conduct at all times

Safeguarding

- This role involves working with children and/or adults at risk in a Regulated Activity (or in close proximity to children and/or adults at risk). This means that the post-holder is required to apply all relevant policies and uphold the Club's commitment to safeguarding vulnerable people

Key relationships

- Lead 9s to 16s Athletic Development Coach
- Head of Academy Performance Services
- Head of Coaching and the remaining MDT staff members U15's & U16's; (1st Team, U23's U18's)
- Wider performance department MDT
- Football Administration Department



Person Specification

Job Title: U15's & U16's Sport Scientist

Knowledge: the level and breadth of knowledge to do the job e.g. understanding of a defined system, method or procedure, legal or regulatory frameworks etc

Essential

- A basic understanding of the Governing body (the Premier league & FA) their doping policy, and basic pathological requirements and how this relates to nutrition support modification
- EPPP requirements
- Operate within the rules of professional confidentiality to liaise with athletes, medical staff, sports sciences staff, coaches and other support staff as appropriate
- An understanding of individual responsibility in complying with Health and Safety policies

Technical/work-based skills: skills specific to the job e.g. language competence, typing skills, coaching skills etc

Essential

- Minimum of 2 years working as a sport scientist/Athletic Development Coach within an Elite sporting environment
- Experience of delivering athletic development sessions with relevant focus on: Acceleration, Change of direction, Top Speed
- Experience of how to modify and develop conditioning programmes according to test results or specific individual needs
- Evidence of a proven track record in designing multi-facet periodised training programmes for youth athletes
- Ability to modify coaching style when delivering practical sessions to different populations

Desirable

- Proficient with the use of PowerBi to collate and produce comprehensive Data visualisations
- Evidence of a proven track record in designing multi-facet periodised training programmes specific to elite football.
- Coaching Olympic weightlifting to a high professional standard.

General skills and attributes: more general characteristics e.g. flexibility, communication skills, team working etc

Essential

- Experience of actively engaging with players and technical coaches to create a culture which enhances attitudes towards Strength and Conditioning practices
- Excellent anatomical knowledge and an ability to apply this specifically when communicating with coaches and physiotherapists
- Ability to communicate complex data in terms that are easily understood by a wide range of audiences
- Ability to work irregular and unsociable hours as required involving work outside normal office hours, evenings, weekends and Bank Holidays



Experience: proven record of experience in a particular field, profession or specialism.

Essential

- A minimum of 2 years' experience of working in an ELITE environment supporting athletes in a Strength and Conditioning Capacity

Desirable

- Having worked within an Academy football MDT environment

Qualifications: the level of educational, professional and/or occupational training required

Essential

- Master's degree in a sports science related field
- An undergraduate degree in a sport science related field (2:1 minimum)
- Obtained or working towards the BASES Accreditation. Attended and completed BASES CPD workshops and documentation.

Desirable

- EFAIF medical certificate
- NSCA Accreditation
- Working towards or hold UKSCA Accreditation
- ISAK level 1