



## JOB DESCRIPTION

**JOB TITLE:** Academy Performance Nutritionist  
**DEPARTMENT:** Performance and Medicine  
**REPORTS TO:** Head of Nutrition / Head of Academy Sport Science & Medical  
**LOCATION:** Sir Jack Hayward Training Ground, Compton Park  
**HOURS:** 37.5 hours per week  
**DATE:** April 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 70 years and Wolves are back amongst football's elite. In the past six years we have celebrated promotion to the Premier League, back-to-back 7<sup>th</sup> placed finishes and a Europa League quarter-final campaign. Now, we will be competing in the Premier League for a sixth successive season.

But at Wolves it is all about what we will do, not what we have done. We don't simply look to the future, we seize it.

**We take seriously our commitment to the safeguarding of children and adults at risk and to ensuring that Wolves is free from discrimination and harassment.**

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### Job purpose

To deliver the performance nutrition strategy within our Academy, providing high level, evidence based nutritional support that optimises the performance of our Academy teams, ensuring the appropriate support and education is provided throughout each phase. The main focus of the role will be our PDP players but the role will also involve supporting the delivery at YDP & FDP levels.

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### Key responsibilities

- Design and deliver an individual diet and nutrition programme for players that aligns to the requirements of the Elite Player Performance Programme (EPPP).
- Develop and implement nutritional strategies and interventions to help support the physical development of players in line with growth and maturational demands.
- Provide insights based nutritional support for injury and rehabilitation programmes for youth players, in conjunction with the Multi-Disciplinary Team (MDT).
- Develop and implement innovative and evidence-based nutrition education sessions and resources to increase nutrition knowledge throughout the Academy levels for players, parents and support staff..
  - In conjunction with the MDT, assist with player fitness, strength development, and body composition through nutritional interventions.



- Work collaboratively with the MDT on the development of each player as part of the multidisciplinary review process.
  - Provide 1 to 1 individual support to targeted players, supporting increased nutritional demands in this target group.
  - Work collaboratively with Head of Nutrition and Academy chefs to develop and implement specific menu interventions to support specific daily demands.
  - Attend match days as directed to assist/implement nutritional provision and provide post-game recovery support where appropriate.
  - Maintain records of all nutrition interventions and track measurable outcomes linked to nutritional practices (body composition, nutritional knowledge, anti-doping awareness, hydration etc.)
- Forging positive relationships with internal and external stakeholders to benefit the Academy
- Being a visible presence day to day to promote increased player adherence to appropriate nutritional strategies.

#### **Other Responsibilities**

- Ensure all nutrition records are up to date.
- Hold the departmental budget for academy nutrition supplies.
- Build strong relationships with partner brands to facilitate commercial partnerships.
- Any other reasonable duties.

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#### **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 closed 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.

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#### **Key relationships**

- Head of Nutrition
- Head of High Performance
- Head of Academy Sport Science & Medicine
- Head of Academy Operations
- Coaching Staff
- Academy Chefs



## Person Specification

**Job Title:** Academy Performance Nutritionist

**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

- Significant experience in the provision of nutritional support to professional athletes and coaches and/or youth athletes to support physical development and performance.
- Experience in designing and delivering nutritional education and appropriate resources.
- An ability to translate evidence-based nutrition information into understandable and motivational advice for players across differing age groups, knowledge levels and cultures.
- A significant understand of the influences of growth and maturation upon nutritional requirements.

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

### Essential

- A key understanding and drive to investigate evolving key scientific literature to support innovation within the department.
- Advanced communication skills, with an ability to meet the requirements of an individual.
- Ability to prioritise own workload.
- Ability to translate evidence informed strategies into effective and player orientated interventions/plans.

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

### Essential

- Experience of actively engaging with players and medical staff to create a culture which enhances attitudes towards nutrition excellence.
- Innovate mindset within evolving industry.
- Advanced personal commitment to continuous professional development
- Excellent problem solving and decision-making skills whilst working in a pressurised situation.
- Excellent time keeping and organisational skills.
- Open minded individual with a view of adopting new practices.
- Personal integrity and the ability to invoke trust and respect from others.
- Promote, adhere to and implement the Club's Equality Policy and to work consistently to embed equality and diversity within Club.



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

Essential

- At least 2/3 years of experience in delivering performance nutrition services in a high-performance sport environment.
- Experience of working within football
- Capable of translating nutritional requirements to practical food solutions
- Ability to work collaboratively within multidisciplinary teams.
- Able to critically analyse the demands of the sport and competition schedule, and the relevant scientific research literature to provide specific nutritional solutions.
- Ability to design, deliver, and manage evidence-based safe supplement programmes.
- Superb communication and presentation skills.
- Excellent data collection, management, and presentation skills.
- Ability to positively influence staff and athlete behaviour.

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

Essential

- BSc Hons (or equivalent) in Sport Science, Nutrition or Dietetics.
- MSc Hons (or equivalent) in Sport Nutrition, Nutrition or Dietetics or IOC Diploma in Sport Nutrition.
- Professional accreditation with recognised nutritional or dietetics association, e.g. UK Sport and Exercise Nutrition Register (SENr), British Dietetics Association, or international equivalent.
- ISAK Level 1 accreditation (or international equivalent) · UKAD Antidoping Advisor (or international equivalent)

Desirable

- Level 2 Food Safety and Hygiene registered (or international equivalent)