



## JOB DESCRIPTION

**JOB TITLE:** U13s & U14s Sport Scientist  
**DEPARTMENT:** Academy Sport Science and Medical  
**REPORTS TO:** Head of Academy Sport Science & Medical  
**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:** May 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 vulnerable adults and to ensuring that Wolves is free from discrimination and harassment.**

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### Job purpose

We are seeking an exceptional individual to lead our U13's & U14's Sport Science provisions, focusing primarily on the planning, implementation and monitoring of on-field physical conditioning and gym-based strength sessions here at Wolverhampton Wanderers Football Club.

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### Key responsibilities:

- Plan and deliver Athletic Development sessions to a range of different abilities primarily to the U13's & U14's age groups.
- Lead daily readiness to train provisions alongside medical staff for the YDP
- Collect and Collate GPS player training and matchday workload reports as well as return to play data
- Assist in the implementation of individual player-specific conditioning programs.
- Assist in the formulation and delivery of injury prevention programmes.
- Collect growth and maturation data



- Lead on matchday protocols including: Physical preparation, nutrition, hydration and post-match conditioning where required
- Assist fitness testing protocols in conjunction with the Premier League.
- Contribute to the Implementation of systematic physiological (laboratory and field-based) and anthropometric testing protocols and analyse the data and provide feedback to the multidisciplinary team members and individual player.
- 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).
- To support during field and gym-based sessions the other sport scientists and their respective teams.
- Initiate and contribute to special projects that are part of the wider development of the medical and exercise science department at the football club
- 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)
- Support the GPS analyst, monitor training load through GPS; and report back to coaching staff and physiotherapists post training.

### **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

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### **Key relationships**

- Head of Academy (Football)
- Head of Academy Sport Science and Medical
- 9s-16s Sport Scientist
- Head of Coaching and the remaining MDT staff members U13's & U14's, U15's & U16's
- Members of the Sport Science department
- Football Administration Department



## Person Specification

### **Job Title:** U13's & U14'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 1 year working as a sport scientist/conditioner within an Elite sporting environment
- Experience delivering warm-up, cool-down, flexibility, core strength and stability, speed, agility, quickness training
- Coaching Olympic weightlifting to a high professional standard.
- 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 specific to elite football.
- Ability to modify coaching style when delivering practical sessions to different populations

#### Desirable

- Working knowledge and prescription of Isoinertial training
- Understanding and creating Excel pivot tables

**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 a 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