

## **Lead Strength and Conditioning Coach (Academy)**

**Closing Date:** Monday 27<sup>th</sup> February 2012

**Location:** South East

**Full time/Part time:** Full Time

**Position Type:** Strength & Conditioning Coach

**Salary:** £25000 per annum (non-negotiable)

An opportunity has become available for a motivated and enthusiastic Strength and Conditioning Coach to join West Ham United Football Club's Academy Sports Medicine & Sports Science department on a full-time basis.

The successful applicant will be part of the Academy Sports Science team providing strength and conditioning coaching to Academy players from all age groups. The role primarily involves assisting the Lead Sports Scientist and Head of Sports Science and Medicine with the full-time scholars and development squad. Additionally, the role will involve Athletic Development coaching for the 5-16 year old players.

Main roles and responsibilities will include:

- Planning and implementing individual/group strength and conditioning sessions for the under 15 to under 21 age groups.
- Overseeing athletic development sessions with the younger Academy age groups.
- Assisting the medical staff with individual/group training preparation.
- Formulation of injury reduction programs for all Academy age groups.

The successful applicant will:

- Be qualified to degree level in strength and conditioning or equivalent.
- Preferably have UKSCA/NSCA accreditation or equivalent.
- Have experience working within an Academy system or sporting organisation.
- Be available to work flexible hours (including evenings and weekends).
- Be an organised individual with good communication skills.
- Have a current driving license that is full and clean.

To apply please email your CV with a covering letter to:

Tom Smith - [tsmith@westhamunited.co.uk](mailto:tsmith@westhamunited.co.uk)