

Job Description

POSITION	Strength & Conditioning Coach
TEAM	Livingston Football Club
DEPARTMENT	Livingston Football Club Academy
REPORTS TO	Head of Medicine & Sports Science
LOCATION	Home of the Set Fare Arena, Livingston Football Club, Alderstone Road, Livingston, EH54 7DN
HOURS	Part-time, Evenings & weekends
FINANCIALS	Voluntary / Internships
NOTICE PERIOD	4 weeks

CORE PURPOSE OF THE ROLE

- To provide a programme of Sport Science and Rehabilitation services to Livingston FC Academy players within the Boys and Girls Academies.

KEY ACCOUNTABILITIES

- Support maturation and growth testing for players.
- Assist with on-field pitch conditioning.
- Assist with gym-based strength & conditioning sessions.
- Conduct and record fitness testing (field and gym).
- Contribute to the design and delivery of individual training programmes (IDPs).
- Assist players with Return to Play (RTP).
- Work collaboratively with other members of the Medical/Sports Science Department including doctors, sport scientists, nutritionists, and other specialists.
- Assess players' health status and contribute to informed professional decision-making on players' fitness and readiness to train and play in collaboration with parents/carers, Head of Academy and relevant coaching staff.
- Maintain detailed and accurate medical records of assessment, treatment & rehabilitation.
- Liaise with any external health/clinical professionals as required.
- Attend and contribute to individual player development reviews as requested, where injury and rehabilitation may have been a factor.
- Observe, and be subject to, the rules, regulations, articles and by-laws of the Scottish Football Association, or any other relevant football governing body.
- Be responsible for personal continuous professional development and ensure qualifications are up to date.
- Observe Livingston FC Safeguarding, Equality and Diversity, and Health and Safety policies and undertake training as required.
- Maintain confidentiality and adhere to GDPR policies in accordance with Livingston FC's HR procedures and statutory legislation.

KEY ATTRIBUTES, CAPABILITIES, KNOWLEDGE, SKILLS

- A knowledge and understanding of current best practice within Sports Science.
- A knowledge and understanding of growth and maturation and the implications on the development of young football players.
- An enthusiasm for football and athlete development.
- Good organisational and time management skills.
- An ability to work as part of a team as well as working autonomously.
- An ability to communicate effectively with players, staff, senior management, stakeholders, and external partners.
- Proficient IT skills
- This role is regulated work with children therefore it is a requirement to obtain a Protection of Vulnerable Groups (PVG) certificate via Disclosure Scotland.
- A valid UK Driving Licence
- Legal right to work in the UK.
- Based at Livingston Football Club.

QUALIFICATIONS

- Must be studying a Sports Science, Strength & Conditioning, Exercise and Fitness, or related discipline

- Pitch-side first aid qualification.
- SFA Children's Wellbeing in Scottish Football certificate.
- SFA Mental Health in Scottish Football certificate.

EXPERIENCE

- You will gain first-hand experience in a professional Football Academy environment, with mentorship and guidance from highly skilled Sports Science professionals.
- Previous experience in the Club Academy Scotland (CAS) or Next Gen set-ups (**Desirable**).

Signed: _____

Date: _____

Print Name: _____

Date: _____