

Livingston Football Club

Role: Assistant Strength & Conditioning Coach

Key Responsibilities

As Assistant Strength & Conditioning Coach, you will:

- Assist in the planning, delivery, and monitoring of individual and team strength and conditioning programmes.
 - Conduct and oversee physical performance testing and athlete monitoring processes.
 - Support the collection, analysis and reporting of GPS and performance data.
 - Assist in the management and delivery of player recovery protocols and performance support strategies.
 - Contribute to hydration, nutrition and player education initiatives.
 - Maintain accurate athlete records, performance databases and monitoring systems.
 - Support day-to-day training operations and matchday performance requirements.
 - Work collaboratively with coaching, medical and performance staff to optimise player development and availability.
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Essential Criteria

Applicants should possess:

- A degree in Sport & Exercise Science, Strength & Conditioning, or a related discipline.
 - A strong understanding of athletic development, performance optimisation, injury prevention and athlete monitoring.
 - Experience using GPS tracking and performance monitoring systems.
 - Proficiency in Microsoft Excel and relevant performance analysis software.
 - Excellent communication, organisational and interpersonal skills.
 - A proactive attitude and the ability to thrive within a fast-paced, elite sporting environment.
 - A full UK driving licence.
 - Eligibility to work in the United Kingdom.
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What We Offer

At Livingston Football Club, you'll have the opportunity to work within a professional football environment while continuing to develop your skills and experience.

Benefits include:

- The opportunity to work alongside experienced coaching, medical and performance staff.
 - Complimentary home match tickets.
 - Full club training and travel kit.
 - Daily breakfast and lunch at the club.
 - Access to the club gym and training facilities.
 - Ongoing professional development and learning opportunities.
 - The chance to play an important role in supporting the performance and success of Livingston Football Club.
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How to Apply

To apply, please send your CV and a covering letter outlining your suitability for the role to:

recruitment@livingstonfc.co.uk

Additional Information

- If you have not been contacted within four weeks of the closing date, please assume your application has been unsuccessful on this occasion.
- Livingston Football Club is an equal opportunities employer. We welcome applications from candidates of all backgrounds and are committed to creating an inclusive and supportive working environment.
- The successful applicant will be required to undergo a Protection of Vulnerable Groups (PVG) check as part of the club's safeguarding commitment.