



## Aberdeen Football Club Job Description

<b>Employee Name:</b>	
<b>Job Title:</b>	Lead Academy Sports Scientist
<b>Line Manager:</b>	Head of Performance
<b>Line Manager for:</b>	Youth Academy Sports Scientist
<b>Date Started:</b>	
<b>Overall Purpose of Job:</b>	
The Lead Academy Sports Scientist will oversee the planning, development and execution of the Youth Academy Sports Science and Strength & Conditioning programmes whilst leading the delivery to full-time development players.	
<b>Main Responsibilities/Description of Duties:</b>	
<ul style="list-style-type: none"> <li>Under the direction of the Head of Performance and Academy Director, lead and manage Sport Science support for all Youth Academy players in-line with the club's current physical development program.</li> <li>Lead the Sports Science and Strength &amp; Conditioning delivery to full-time development players whilst also delivering to Youth Academy squads in the evenings when required.</li> <li>Assist the monitoring and support of Development squad players who are on loan ensuring their physical development, readiness and well-being.</li> <li>Responsible for line managing the Youth Academy Sports Scientist and working together to develop and enhance the current Sport Science and Strength &amp; Conditioning Support Program for the Club's Youth Academy players in line with wider Club objectives.</li> <li>With support from the Head of Performance, Academy Director and Youth Academy Sports Scientist, plan and execute a Sports Science studentship programme, in partnership with local university partners.</li> <li>Alongside the Youth Academy Sports Scientist, assign studentships to support each Youth Academy squad by delivering the Academy Sport Science plan.</li> <li>Work effectively to enhance performance with other support staff and services, including physiotherapy, medical services, performance analysis and football coaches.</li> <li>Perform physical testing at regular and agreed times throughout the season and thereafter develop and implement action plans.</li> <li>Develop individualised physical development programmes for players identified through test results, medical team and coaching staff.</li> <li>Alongside the Youth Academy Sports Scientist, design and deliver an educational program to encompass nutrition, performance lifestyle, performance psychology and recovery strategies.</li> <li>Maintain a comprehensive and secure database of work on <i>The Sports Office</i> undertaken with players and coaches, to include but not limited to: GPS/heart rate monitoring; training loads and intensities; hydration status; session content &amp; attendance; and testing results (strength, speed agility, anthropometry etc). Furthermore, prepare a reporting system which allows the clear dissemination of relevant data to the various football support staff as required.</li> <li>Provide regular feedback to the Academy Director and Youth Academy Coaches regarding the physical performance of players in testing and other sports science sessions.</li> <li>Assist in the development of a reporting system that will help make key decisions in succession planning and development pathways to Academy players.</li> </ul>	

- With support from Head of Performance and Youth Academy Sports Scientist, develop and deliver a coach education programme, specifically tailored to influence the delivery of coaching to align sports science practices.
- Develop knowledge of football sports science through scientific research collaborations.
- To represent the club professionally at high level European academy tournaments when required.
- To ensure that all Academy players adhere to the Players Code of Conduct and show a high level of respect and discipline.
- At all times observe all AFC Safeguarding & Welfare policies, undertaking annual training as required.
- At all times, advocate and practice the Club's established culture of professionalism, maintaining standards and discipline, and promoting all aspects of the *AFC Personality*.
- To adhere to the Aberdeen Football Club staff & coaches Code of Conduct.
- To be aware of and comply with the Aberdeen Football Club Social Media Policy.

*Please note that this job description is not designed to cover a comprehensive list of activities, duties or responsibilities that are required of the employee for this role. The duties and responsibilities may change within reason at any time with or without notice to suit the needs of the Club.*

#### **Experience/Qualifications/Training**

##### **Essential:**

- BSc in Sport Science or related field.
- MSc in Sport Science/Strength & Conditioning or a related field.
- Minimum of 3 years full-time experience in elite sport
- Experience of working within a multi-disciplinary team within a sports science environment
- Experience of planning and delivering on and off-field conditioning programmes for young elite footballers.
- Extensive knowledge of growth and maturation
- Sound understanding of long-term athletic development and how sports science/strength and conditioning integrates within this.
- Excellent communication skills while being able to motivate athletes.
- Team focused and able to act for the good of the team/department.
- Professional and diligent with their work.
- Self-driven and able to work effectively under pressure.

##### **Desirable:**

- UK Strength & Conditioning Association Accreditation (or equivalent) or working towards
- BASES accredited
- ISAK Level 1.
- Competent in operating industry specific equipment and software including Catapult, Vald Performance, GymAware.

<b>Signed by Employee:</b>	<b>Signed by Line Manager:</b>
<b>Date:</b>	<b>Date:</b>