



Physical Performance Coach & Operations

Location(s): St. George's Park, Burton upon Trent, DE13 9PD. Game Changer Performance Head Office, Pride Park, DE24 8GX. There will also be some home-based working.

An exciting opportunity has become available at to join our expanding team at Game Changer Performance. We are currently looking to recruit a full-time Physical Performance Coach who duties will be combined with management of the operations of the PFA rehabilitation programme at St George's Park, triage service for clients and delivery of remote and in person physical performance coaching.

Person specification:

- Passionate, ambitious, reliable and hardworking.
- Organized, with great communication skills.
- Ability to build rapport with key P3RFORM partners and clients
- Experienced performance coach, with ability to adapt to clients varying needs

Key Responsibilities:

Physical Performance

- Assist the Lead Physical Performance Coach with the delivery of physical performance services for the PFA residential rehabilitation programme.
- Conduct physical profiling for all players on the PFA residential rehabilitation programme. Feedback the information to the multidisciplinary team, the player and use the information to design and implement off-field conditioning, pitch-based conditioning and strength and conditioning programmes.
- Design and deliver off-field and pitch-based conditioning sessions relevant to the players stage of rehabilitation.
- Design and deliver strength and conditioning sessions relevant to the players stage of rehabilitation.
- Deliver hydrotherapy sessions.
- Physical exertion monitoring using GPS and heart rate technologies. Produce GPS & HR reports which will be feedback to the player and/or club.
- Establish excellent long-term working relationships with Medical and Sport Science departments who refer into the scheme to optimise player care for current and future referrals.
- Support delivery of additional P3RFORM projects/services/programmes when needed



- Provide reports on all players who access the PFA rehabilitation programme in line with P3RFORM policy.
- Programme, and coach clients virtually via P3RFORM coaching platform
- Support P3RFORM social media and PR opportunities

Operations

- First contact with club medical staff, PFA staff and players wishing to book onto the programme at SGP
- Arrange all pre & post information required for players attending the programme
- Build relationships with FA, Hilton, PFA and Club staff
- Efficient and responsive communication via email & phone with all requests
- Updating of all GCP records regarding players attending
- Meet players each week onsite at SGP and ensure all details around their stay is arranged
- Liaise with Triage Physio to help streamline the care pathways for clients

Essentials:

- Undergraduate Bachelor's degree in Sports Science or related discipline.
- At least 3 years employed coaching experience planning and delivering physical performance programmes in a gym and field environment.
- Accredited with one of the following: UKSCA, ASCA, CSCS, NASM, BASES, or EXOS (or ability to achieve accreditation within 6 months)
- Ability to work within a multi-disciplinary team in a time sensitive environment.
- Must be competent with Microsoft Word and Excel to produce daily and weekly physical performance reports and management of operational spreadsheets.
- Must possess exceptional organisational, communication and interpersonal skills.
- Commercial & operational experience
- Full UK driving licence



Desirables:

- MSc or working towards in sports science/S&C related discipline
- Experience working within a football club environment
- Experience with profiling equipment (Force Plates, NordBoard, ForceFrame, Isokinetic Dynamometer)
- Experience planning and programming to clients via online platforms

Salary & benefits

- Up to £30,000
- Annual performance related bonus of up to £5,000
- NEST pension scheme
- 25 days holidays plus bank holidays
- Flexible working
- £500 annual CPD budget
- Phone allowance
- Laptop

How to apply

Please send CV and covering letter to info@gcperformance.co.uk

Closing date for applications is Monday 4th September 2023