



Volunteer Role & Person Description

Job Title	Volunteer Strength and Conditioning Coach
Department	Women's First Team
Reports to	First Team Manager
Responsible for	Strength and Conditioning Provision
Purpose of role	
To ensure that all players within the Peterborough United FC Women receive a positive experience, develop as both people and players and support players in their physical performance development. This role will particularly focus on the effective physical performance of players, ensuring they are robust enough to deal with training loads and develop the physical conditioning traits to help them succeed in football.	

Main Duties

Duties

- Plan, deliver and review training sessions and match days for the women's first team.
- Support mentee staff within your area
- Provide feedback to players via IDPs and fitness test results
- Monitor with player load at training
- Monitor player GPS analysis (using Catapult software)
- Support/manage player fitness testing, further providing players input and data analysis using Microsoft Excel
- Adhere to the appropriate framework and management of Sport Science, S&C and training facilities
- Support the development of a positive culture within the academy
- Maintain a safe environment for everyone at all times
- Collaborate with other staff to develop a progressive learning environment

Other responsibilities

- Be available to travel to other sites outside of their region (if required)
- As a Volunteer be aware of the PUFC policies, procedures & best practise so that concerns of non-compliance can be raised at all times e.g. Safeguarding, Inclusion, Diversity, Health and Safety
- Work within the club processes
- Always ensure GDPR compliance
- Attend meetings, training and professional updating as and when required
- To adhere to existing working practices, methods, procedures, undertake relevant training and development activities and to respond positively to new and alternative systems.

Person Specification

These are the attributes you need to be considered for this volunteer role.

Experience & Qualifications

- Experience of working in female football and youth football
- Experience of working with talented players (desirable)
- Excellent understanding of the girls talent pathway in the country
- FA DBS check
- FA Safeguarding Children Workshop
- BSc Sport Science or similar discipline
- UKSCA or ASCC accreditation or working towards this

Skills and personal attributes

- Well-presented and professional
- Ability to travel to various sites
- Ability to build excellent working relationships with managers, colleagues and staff
- High level of integrity and discretion
- Strong work ethic with a can-do attitude with drive and self-motivation
- Ability to use communication platforms chosen by centre manager
- Accuracy and attention to detail including good written and verbal skills.
- Understands and embraces speed of response.
- Ability to own issues to resolution

Pay	Unpaid Volunteer. Expenses paid.
Hours	2x Training sessions + matchday