

JOB TITLE: First Team Sports Science / S+C Work Placement

REPORTING TO: Head of Physical Performance / First Team Head Coach

LOCATION: Platt Lane Sports Complex, Yew Tree Road, Fallowfield, Manchester, M14 7UU

HOURS: Full time

Please note this role is an unpaid work placement.

ROLE DESCRIPTION:

The club is seeking a proactive and motivated individual to join our first team performance department on a voluntary work placement for the duration of the 2024/2025 season. The successful candidate will be undertaking a sandwich placement year in an undergraduate degree program. The club has a strong record in developing interns across areas such as Sports Science, Medical, and Performance Analysis, with many progressing on to exciting positions within the game.

The successful candidate will preferably be aiming to secure a career in professional football following graduation and will be keen to get involved in a range of different activity on a day-to-day basis across the full breadth of the sports science and medical departments at the club. We value positivity and enthusiasm, and these traits will stand any applicants in good stead.

PRIMARY DUTIES AND RESPONSIBILITIES:

- Assist in the daily monitoring of first team players, before, during, and after both training sessions and fixtures.
- Assist in delivering strength and conditioning sessions for first team players, inclusive of those recovering from injury.
- Assist with the collection and interpretation of GPS data from both training sessions and fixtures, ensure that all equipment is looked after to a professional standard.
- Assist with warm up and cool down sessions for individuals / groups / full squad from time to time.
- Undertake periodic physical testing of players, ensuring data is fully recorded.
- Collaborate with Academy staff to ensure that any bespoke physical programmes for Academy players training with the first team are followed.
- Maintain and develop Sport Science databases.
- Assist in providing advice for players across some areas not overtly mentioned above (nutrition, hydration, recovery, etc).
- Assist with daily first team operations. o Ensure industry best practices are followed at all times.

ESSENTIALS:

- Embarking upon a sandwich year in a Sport and Exercise Science/Strength and Conditioning degree.
- Knowledge of sporting industry.
- Willingness to commit to the club for a full season.
- Technological competence.
- Able to work unsociable hours at times (e.g. potential overnight stays for away matchdays).

‘NICE TO HAVES’:

- Excellent communication and interpersonal skills.
- Knowledge of football industry.
- Gym based qualifications.
- Full driving licence.
- Based in or around Greater Manchester.

From time to time, the successful applicant may be asked to assist with activity essential to club operations that is not outlined in the above day to day duties. The successful applicant must carry out his/her duties with due regard for Rochdale Association Football Club Limited policies and procedures, and act in the best interest of Rochdale Association Football Club Limited at all times.

The successful applicant must ensure a positive commitment towards equality and diversity by treating others fairly and not committing any form of direct or indirect discrimination, victimisation or harassment of any description and to promote positive working relations.

The Rochdale AFC family is wholly committed to safeguarding, and promoting the welfare and safety of young people. We fully expect our Board, employees, and volunteers to demonstrate and communicate this commitment at all times. As such, a DBS check will be required in order to undertake this post.

Any applications or expressions of interest should consist of a CV and brief Covering Letter (maximum 1 side of A4), and be sent to ben.ekins@rochdaleafc.co.uk before the application deadline of May 20th 2024 at 5.00pm. Due to the nature of the role early applications are encouraged, and the interview process may commence prior to the date listed above.