



## **Job Description: Strength & Conditioning Coach**

Nomads United AFC is seeking a dedicated and highly motivated Strength and Conditioning Trainer to work within our high-performance environment for the 2024 season.

The successful candidate will primarily focus on developing and monitoring the physical capabilities of our premier team athletes, as well as contributing to the Nomads Academy programme. This role requires expertise in designing and implementing strength and conditioning programs tailored to the needs of high performance football players.

### **Key Responsibilities:**

**Athlete Assessment:** Conduct comprehensive physical assessments to identify individual athlete strengths and weaknesses. Use data to inform training plans.

**Strength and Conditioning Programming:** Design and implement periodized strength and conditioning programs that align with the team's performance goals and individual player needs.

**Injury Prevention:** Develop injury prevention strategies and protocols to reduce the risk of injuries among athletes. Collaborate with coaching staff and physiotherapists when necessary.

**Monitoring and Evaluation:** Continuously monitor athlete progress and adjust training programs as needed.

**Rehabilitation Support:** Assist in the rehabilitation process for injured players, ensuring a smooth transition back to full fitness.

**Education:** Provide education and guidance to athletes on proper training techniques, recovery strategies, and injury prevention measures.

**Team Collaboration:** Work closely with the coaching staff to integrate strength and conditioning into the overall team training plan. Attend coaching meetings and collaborate on player development strategies. The ability and confidence to run fitness and football related conditioning games for the premier team.

Research and Development: Stay current with the latest trends and research in strength and conditioning, implementing evidence-based practices into the program.

**Qualifications:**

Bachelor's degree in Exercise Science, Sports Science, or a related field (Master's preferred).

Certified Strength and Conditioning Specialist (CSCS) certification or equivalent.

Minimum of 2-5 years of experience in strength and conditioning, preferably in a football or similar high-performance sport environment.

Strong knowledge of football-specific training methodologies and requirements.

Proficiency in using sports science technology for athlete monitoring and assessment.

Excellent communication and interpersonal skills.

Ability to work independently and as part of a multidisciplinary team.

CPR and First Aid certification.

**Please send applications to our Director of Football, Matt Jansen – [dof@nomadsafc.org](mailto:dof@nomadsafc.org)**