



QUEEN'S PARK

FOOTBALL CLUB

JOB DESCRIPTION: Sport Scientist (B Team)

DEPARTMENT: Sport Science, Lifestyle and Medicine

REPORTS TO: First Team Manager & Head of Sports Science

LOCATION: Lochinch Training Facility

HOURS: 37.5 Full Time (This role will require flexibility)

SALARY: Dependent on Experience

VISA/PASSPORT: Must be fully eligible to work in the UK

CLOSING DATE: 25/03/24

An exciting opportunity has become available within Queen's Park Football Club. We are currently looking to recruit a Sport Scientist to work with our B Team. The successful candidate will work as part of a multi-disciplinary support team delivering scientific support to B-team players and coaches.

Queen's Park Objectives: Queen's Park FC ambitions lay in being one of the best football teams in Scotland, however we do not believe in buying talent, but producing it.

Purpose: We are seeking an exceptional individual to lead our Sport Science B-Team provisions. You will, in collaboration with the MDT, plan, implement and monitor on-field physical training and deliver high quality gym-based strength sessions, with the aim of transitioning players from the B-team to successful First Team players.

General Responsibilities

- Plan the physical periodisation model to fit within the team's match schedule ensuring appropriate overload, regeneration and development of physical traits.
- Deliver effective on-field warmups to align to the coaches' sessions and where appropriate they should include speed, change of direction and plyometric elements with football and positional related actions.
- Monitor training loads through GPS, generating reports to provide key feedback on training sessions to coaching staff and physiotherapists.
- Deliver high quality S&C sessions, tailored to individual needs.
- Implement systematic physical testing in line with the clubs physical testing protocols. Providing oral and written feedback on players development.
- Maintain database with all physical profiling and anthropometric data collected.
- Provide match day support including warmups and top ups.
- Design and implement pre-training, tailored to the demands of training.
- Initiate and contribute to special projects that are part of the wider development of the medical and exercise science department at the football club.
- Provide individual conditioning to players.
- Monitor and contribute to key players development within the academy to ensure successful transition into the B-Team.

- Oversee and support academy sport scientist and academy sport science programme.
- Keep abreast with the current sport science research and adapt practice in line with emerging trends.

Key Relationships:

- B-Team Manager & Coaches
- B-Team Physiotherapist
- First Team Manager
- Head of Sport Science & Head of Physiotherapy
- Head of Academy

Technical Skills:

Essential

- Experience leading on-field physical training, with effective coaching of speed, plyometrics, change of direction and agility training in an engaging and varied way.
- Experience implementing position specific conditioning.
- Ability to coach gym-based movements, including Olympic lifts to a high standard.
- Experience individualising conditioning programmes according to physical profile and testing data.
- Experience using Excel to a high standard.

Desirable

- Knowledge of Power BI / Tableau / R Stats - Experience using VBT to inform practise.
- Experience using live GPS data to inform on field practice.

Attributes:

Essential

- Excellent attitude regarding to self-development, initiative, willingness to learn and ability to cope and adapt in a high pressure ever evolving environment.
- Ability to effectively engage with players and coaches and contribute to a professional hardworking culture.
- Ability to set and withhold high standards of practice personally and with coaches and players.
- Excellent subject knowledge, and ability to communicate this effectively with coaches and players.
- Ability to work irregular and unsociable hours, including bank holidays, evenings and weekends as required by the role.

Experience:

Essential

- 2+ Years working within elite sport.
- Experience working as part of a multi-disciplinary team.

Desirable

- Worked within elite football first team.

Qualification:**Essential**

- Undergraduate degree in sport science related field.
- Master's degree or working towards master's degree in sport science related field.
- UKSCA or NCSA or within 3 months of obtaining qualification.

Desirable

- ISAK accreditation.
- BASES accreditation.

Equal Opportunities:

We are dedicated to fostering a diverse and dynamic working environment by building a team that represents a variety of backgrounds, perspectives, and skills. We are an equal opportunities employer and welcome applications from all sections of the community.

Application process:

Please send a CV and cover letter detailing why you would be suitable for the role, and if necessary, evidence of right to work within the UK via email to:

sam.harrison@queensparkfc.co.uk.

Please use the Subject: QP_SS_APPLICATION