



First Team Strength and Conditioning Coach

Middlesbrough Football Club are seeking to recruit a full time First Team Strength and Conditioning Coach to be based at the Rockliffe Park Training Ground in Hurworth, near Darlington. Reporting to the Head of Athletic Development, the successful candidate will be responsible for planning and delivering sessions to the 1st Team and also individuals as required. This position is ideally suited to a Strength and Conditioning Coach who has experience working within a First Team structure, who is comfortable working with data, and has a keen interest in the physical development of full-time players at the football club.

THE ROLE:

- Contributing to the MFC physical development philosophy, working in this role candidates should demonstrate a high level of understanding of evidence-based strength and conditioning practices.
- Delivering strength and conditioning to large groups and individuals, primarily in the gym, but also occasionally on field.
- Leading preparation sessions that align with the physical requirements of specific technical/ tactical sessions.
- Comprehensive understanding of periodisation models and an ability to develop strength and conditioning plans in line with the MFC technical/ tactical/ physical periodisation model.
- Knowledge of evidence based physical testing procedures and the ability to contribute to MFC's testing and monitoring procedures.
- Excellent IT skills and experience of using relevant software packages including VALD, Power BI, Catapult, Team Builder as well as Microsoft/ Apple software.
- The ability to work within a multidisciplinary team and contribute during departmental meetings.
- Generate innovative ideas that could improve the efficiency of practices to the benefit of the department and the club.
- Good organisational, logistical and time management skills, with an ability to meet stringent deadlines.
- Excellent communicator and able to form good working relationships with players and staff members.

CANDIDATES SHOULD:

- Have a high level experience of delivering Strength and Conditioning in a professional sport.
- Degree in Strength and Conditioning, Sports Science or similar, relevant subject.
- UKSCA, NSCA or ASCA Strength and conditioning accreditation.
- Be honest, with the ability to uphold a high level of confidentiality at all times.
- Be open minded with an outgoing personality and an excellent communicator.
- Show a willingness to work weekends and unsociable hours as the job demands.
- Be able to work to a high standard with good attention to detail and able to prioritise workloads.
- Show a 'can do' attitude to work and a desire to look for solutions to problems.
- Be eligible to work in the UK.

Desirable Criteria

- Post Graduate qualification in a relevant subject.
- EXOS - XPS qualification and/or mentorship experience.
- BASES accreditation (or working towards).

The salary for the role is competitive and will be discussed with shortlisted candidates at interview stage.

CLOSING DATE: 15 NOVEMBER 2024

If you would like to be part of a committed team and can demonstrate MFC's core value behaviours, please follow the below link to apply -

[First Team Strength and Conditioning Coach in England - EFL \(English Football League\)](#)

MFC is an equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates regardless of sex, race, disability, age, sexual orientation, gender reassignment, religion or belief, marital status, or pregnancy and maternity.

MFC is also committed to the safeguarding of vulnerable groups.

HONESTY & INTEGRITY
DO THE RIGHT THING

HUMILITY
SHOW A
WILLINGNESS
TO LEARN
DEVELOP
AND GROW

INCLUSION
PROVIDING
OPPORTUNITIES
FOR ALL

LOYALTY
COMMITTED
TO SHARED
SUCCESS

RESPECT
VALUING
EACH OTHER
AND OUR
ENVIRONMENT

TEAMWORK
WORKING
TOGETHER
TO ACHIEVE
OUR GOALS

