



CARLISLE UNITED FOOTBALL CLUB

Brunton Park, Warwick Road, Carlisle, Cumbria CA1 1LL

Main Switchboard: 03300 945 930

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www.carlisleunited.co.uk

Assistant Academy Sport Scientist

Carlisle United are recruiting an Assistant Academy Sport Scientist to work alongside the clubs Lead Academy Sport Scientist and medical team in delivering athletic development sessions to the Foundation Phase and Youth Development Phase players. You will contribute towards the Academy Sport Science and Medical Departments vision of enhancing athleticism and optimising injury mitigation through an evidence-based sports science provision. This is sessional work usually Tuesday and Thursday evenings throughout the season.

Core responsibilities:

- You will plan and lead pre-training athletic development sessions twice per week, as well as delivering individual/small group sessions for those that may require additional support.
- Assist with individual return to play plans.
- Assist Lead Academy Sport Scientist with adapting the Academy's Long Term Athletic Development Pathway from U9 to U18
- Support the Lead Academy Sport Scientist with the collection of player growth and maturation data, producing a whole Academy and age group specific reports that are shared amongst the wider Multi-Disciplinary Team (MDT)
- Assist the Lead Academy Sport Scientist with the data collection of the Academy's physical testing battery, producing age group specific reports that are shared with the wider MDT.
- Input all sessions and testing data onto PMA.
- Keep up to date with the latest Sport Science research, and continuously look to develop the vision of the department.

About The Candidate:

Qualifications

Essential

- BSc (Hons) Sport and Exercise Science
- Experience working with young athletes (U9 – U16s)
- Knowledge and ability to construct and implement a sport specific warm-up and athletic development session that differentiate between age groups.
- Experience in leading group and individual movement prep sessions and strength and conditioning sessions in a gym and field-based environment
- Understanding of growth and maturation, and how it can affect availability and physical development.
- Knowledge of the Elite Player Performance Plan (expectations for a Category 3 Academy)
- Proven ability to work autonomously and coherently within an MDT.



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Desirable

- MSc in Sport Science / Strength and Conditioning (or equivalent)

Location

Academy training facilities, currently at Caldew School, Dalston but it is in the nature of the role that you may be required to, within reason, work with the Academy at various locations within the United Kingdom.

Safeguarding:

- Carlisle United Football Club is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.
- For this role you will be expected to submit to enhanced DBS Enhanced Criminal Records, and this may include checks against the Barred Lists, as such it is exempt from Rehabilitation of Offenders Act (1974).
- All convictions including spent convictions that have not been subject to filtering by the DBS should be declared.

The Club reserves the right to carry out risk assessments where content has been disclosed on a DBS disclosure if it feels that it is relevant to the job requirements. Failure to satisfy the Club and the EFL's safeguarding requirements may lead to the job offer being withdrawn or, if they have already started employment, summary termination of the employment.

Pre-employment checks including academic qualifications, professional registration, the right to work in the country, references and any other specifics considered essential for the post will be verified by the Club before any formal.

Equality and diversity:

Carlisle United is committed to promote inclusion and to confront and eliminate discrimination and we encourage equal opportunities.

We are proud to be an equal opportunity workplace that reflects the diversity of our society and the world around us. We encourage applications from individuals regardless of their age, disability, sex, gender reassignment, sexual orientation, pregnancy and maternity, race, religion or belief and marriage and civil partnership.

How to apply –

Please send a covering letter and your CV for the attention of Sarah McKnight, Club Secretary, by email to Sarah.McKnight@carlisleunited.co.uk or by post to Carlisle United FC, Brunton Park, Warwick Road, Carlisle CA1 1LL.

Closing date is Sunday 26th November 2023



BE JUST AND FEAR NOT

