



London City Lionesses
Job Description

Job Title	First Team Sport Scientist
Department	Performance, Medical and Innovation
Direct Reports	N/A
Reports to	Head of Performance
Location	Cobdown Park, Station Road, Aylesford, Kent, ME20 6AU
Hours/Salary	Full Time/Salary dependant on experience
Level of DBS	Enhanced Child Barred List

About Us: The London City Lionesses are part of the Kynisca group, setting a vision and building an infrastructure in which all the players and staff can thrive.

Owned by Michele Kang, our vision for Kynisca is to:

1. Become the most pre-eminent sports organisation in the world;
2. Have a high-performance culture of winning on and off the pitch;
3. Train women as women; and
4. Motivate and inspire the next generation of girls and women.

Our Values:

We Lead The Way | We Dream Big | We Get it Done | We Innovate | We Inspire our Community

Role Purpose:

As a new role within the Performance team, the Sport Scientist will work closely with the Head of Performance to plan, deliver and support the physical provision for all First Team players.

The ideal candidate will have experience working with elite athletes, ideally women, and understand the unique physical challenges and capabilities. They will have a keen interest in innovation and the use of data to inform decision making.

This is a new position within the business, so the responsibilities are not set in stone. We need someone who can jump in, get things done and work with the senior leadership team to shape the future of the club.

Main Duties/ Responsibilities	
1.	Delivery <ul style="list-style-type: none">• Support the Strength & Conditioning Coach and Fitness Coach in the delivery of high-level service in both gym and on-pitch settings.• Provide Sport Science support to players during all training sessions and games, with travel required.• Educate and support players, as well as produce appropriate visuals, on relevant sport science themes.• Assist in game-day delivery of appropriate preparation and warm up strategies, and post-match compensatory work for first team players.



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	<ul style="list-style-type: none"> Be part of a multi-disciplinary team that works collaboratively to support the development of all players.
2.	Data and Reporting <ul style="list-style-type: none"> Design and lead on effective reporting strategies to aligned to the needs of the First Team staff and players. Support in the collection of testing and monitoring data on a daily, and weekly basis. Collaborate with the Performance and Medical Leads to ensure all players receive frequent and effective visual feedback on their ongoing physical performance.
3.	Preparation and Planning <ul style="list-style-type: none"> Proactively contribute to the cutting-edge bespoke monitoring, management, and development plans to all First team players. In collaboration with the Performance and Medical staff create and monitor off-season training programs. Support other members of the Performance department to carry out their roles and functions when necessary. Attend and assist with workshops, in-service meetings, professional development courses/workshops and other development opportunities.
4.	Other ad-hoc duties as assigned from time-to-time by management

Club Accountabilities

1.	To comply with all Club policies, procedures and practices and carry out your role diligently and in the best interests of the Club
2.	To lead with a proactive, high-performance mindset and actively contribute to a winning culture on and off the pitch
3.	To behave in a manner consistent with Club values and policies

What we are looking for

Qualifications and Training

Any specific qualifications or technical requirements listed here will be mandated by league and/or governing body rules

Essential

- A BSc or equivalent in Exercise/Sport Science or related field
- Masters degree or equivalent in Sports Science or performance related field

Desirable

- FA Level 2 Emergency First Aid in Football (EFAiF) qualification
- UKAD Clean Sport Advisor
- UKSCA accredited, or on the pathway to becoming accredited

Knowledge, Skills and Experience

Essential

- Demonstrable experience (likely to be upwards of three years) in professional sport science/performance



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- Experience working with female athletes with an understanding of female physiology is essential.
- Strong PC skills (Word, Excel, Outlook, PowerPoint), and a strong understanding of Data Visualisation software, specifically Power BI. Experience of Tableau and R Coding preferable.
- Experience in utilising sports science technologies such as: STATSports GPS, Polar, VALD (NordBord and Force Decks), and Athlete Management Systems.
- Enthusiastic and energetic team player, with experience of working as part of a Multi-Disciplinary team
- Possess exceptional organisational skills with a strong attention to detail and ability to prioritise/multi-task.
- Exceptional communication and interpersonal skills, and a high degree of emotional intelligence
- Have adequate professional liability insurance to work with/advise WSL players
- High level of knowledge of Women and Girls Athletic populations to meet the demands of elite football
- Ability to work in a fully integrated medical and performance department, to be committed to ensuring the safeguarding and welfare of all London City Lionesses athletes
- Maintain confidentiality and protect sensitive information, upholding the highest levels of professional integrity at all times
- Ability to work at scheduled games that will take place on evenings and weekends, including public holidays.

Desirable

- Experience of developing and implementing innovative ideas and putting them into practice
- Experience within other football competitions i.e. UEFA Champions League, FIFA or other high level competition experience

Characteristics

- Passionate about women's football and broader women's sport culture.
- Entrepreneurial spirit and ability to deal with matrix stakeholders & ambiguity.
- High standards of personal integrity and EQ.
- Comfortable and able to work on own initiative
- Has a learning mindset; is keen to continue their self-development and keep up to date with best practice and learning opportunities
- Continually seeks to improve efficiency and performance
- Seeks out and embraces new ways of thinking and working – not afraid to fail.

London City Lionesses is committed to safeguarding, health and safety, and equality, diversity, and inclusion. We prioritise the welfare of children and vulnerable adults, the well-being of all staff and visitors, and fostering an inclusive environment where everyone feels valued and supported. These responsibilities are shared by all staff and volunteers, with safeguarding, safety, and inclusivity being collective priorities.



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All staff are required to adhere to the Club's policies, complete relevant training, and actively contribute to maintaining a safe, inclusive, and welcoming environment. This includes timely reporting of concerns, compliance with health and safety regulations, and upholding the Club's zero-tolerance approach to discrimination.

For certain roles, additional checks, such as Disclosure and Barring Service (DBS) checks or health assessments, may be required. Applications must include a fully completed application form; CVs alone will not be accepted. All candidates will be assessed on merit and their alignment with the Club's values.