

Mansfield Town Football Club

Job Title: Sports Science and Rehabilitation Coach

Report to: Head Physiotherapist and First Team Strength and Conditioning Coach

Hours: Full Time

Salary: £30-35k



JOB SPECIFICATION

- Assist with the setup of pre-activation and deliver, when delegated, these sessions
- Prepare recovery and hydration drinks each morning of training
- Take the first team warm up in the absence of the first team strength and conditioning coach
- In the absence of the first team strength and conditioning coach complete GPS data collection and create reports for medical and coaching staff
- Setup and deliver conditioning and rehabilitation gym sessions where appropriate, including any additional conditioning such as top up sessions for both first team and academy player
- Create gym programmes in conjunction with the first team strength and conditioning coach
- On matchdays to work with non-matchday squad members from both first team and academy to deliver training sessions
- Attend and contribute to regular in-house CPD programmes consisting of Sports Science and Medicine topics as well as Trauma Management
- Attend external CPD courses to help develop knowledge and maintain the standard of care currently provided
- To keep up to date with the latest evidenced based Sports Science and Medicine research to enable a high standard of up-to-date care is delivered to all players
- Work with other members of the medical departments to provide a holistic approach to player care enabling all aspects to be covered to enable a safe return to play of an injured player and maintain availability of all other players
- Utilise the return to train criteria set out to help promote a safe return to training for all injured players
- Complete outside rehabilitation sessions prior to an injured player's return to training ensuring they return in the best possible condition
- Work with medical team to create a library/database of exercises including on field pitch sessions
- To undertake further roles as deemed appropriate by the Head Physiotherapist, First Team Strength and Conditioning Coach and Coaching Staff to meet the needs of the service
- Participate in daily meetings to discuss the plan for the day for all players
- To participate in weekly, monthly, and annual injury audits
- Complete anthropometric testing at agreed intervals
- Complete Benchmark54 performance notes where appropriate.

PERSONAL SPECIFICATION

- Educated undergraduate degree level in Sports Science and/or Rehabilitation (BSc) (Essential)
- Educated post-graduate degree level in Sports Science, Strength and Conditioning, Physiotherapy or Sports Therapy / Rehabilitation (MSc MRes MPhil) (Desirable)
- Accreditation of the British Association of Sport and Exercise Science (BASES), UK Strength and Conditioning Association (UKSCA) or British Association of Sport Rehabilitators (BASRaT) (Essential)
- A minimum of 2 years post graduate experience in the provision of sports science in an elite sporting environment specifically grass based mid/end stage
- Demonstratable experience in the use of GPS technology (STATSport, Catapult or similar)
- UEFA B licence (or higher) in Football Coaching (Desirable)

Please email your CV and covering letter to David.Waldie@mansfieldtown.net before 5pm on Wednesday 5th February 2025.