



Job Title: Lead U23's Sports Science

Hours of work: Full Time

Salary: £18,000 - £18,500

Location: Millwall Football Club, The Training Ground, Calmont Road, Bromley, BR14BZ

Responsible to: U23's Manager, Head of Performance & Head of Academy Sports Science

Role Summary:

Millwall FC are looking for a highly motivated and dynamic sports scientist to join a forward thinking and developing sports science department. The role involves leading and overseeing the delivery of the physical development program for the U23's squad, with the aim of optimising the physical performance capabilities of the players, and to prepare them to cope with the physical demands of progressing to play first team football.

Key Responsibilities:

- Lead the U23 physical development programme.
- Plan and deliver individualised gym and pitch-based S&C programmes.
- Lead on pitch warm-ups and on pitch conditioning with the U23's players.
- Plan and deliver on pitch and gym-based rehab programmes to the U23 players
- Lead nutrition provision for U23 players using infographics, food diaries and presentations, educating athletes on nutrition strategies to aid performance, development & recovery
- Lead data collection (GPS & HR), processing and reporting to coaches and medical staff
- Lead U23 team logistics and scheduling (Nutrition, away matches, overnight stays etc...)
- Lead physical fitness testing both gym and field based for U23 players.
- Assist sports science strategies and physical development programmes to 1st team duties (warm ups, rehab, S&C, nutrition when required).
- Assisting and leading on pitch and gym-based rehab for 1st team players (when required)

Liaise with the head of academy sports science regarding development and progression of U18's players and ensuring an optimal transition and integration into the U23's training program

Required Skills:

- Bachelor's degree in sports science





- UKSCA accreditation or working towards accreditation (within 6 months) or NSCA CSCS
- A minimum of 2 years' experience working as a sports scientist within elite sport.
- Proven experience of designing and delivering both pitch and gym based athletic development programs.
- Experience of using GPS and HR data collection
- Up to date with current concepts and recent research studies in relation to sports science application within football.
- Competent in the use of IT software such as Excel, Word and Powerpoint.
- Excellent communication and organisational skills.
- Clear, enhanced DBS Check

Desirable Experience / Qualifications

- Master's degree in sports science or relevant discipline.
- BASES Accreditation or working towards
- EXOS Performance Specialist Qualification
- Experience of leading U18's or U23's physical development program

Personal Skills:

- Demonstrates enthusiasm and is passionate about athletic development and football conditioning.
- Proactive decision maker with good communication skills.
- Able to work well within a multidisciplinary team.
- Takes responsibility for ensuring a high quality of work and driving standards.
- Able to work unsociable hours including weekends and holidays
- Dedicated to establishing a career working as a sports scientist in elite sport.

Hours of work:

You will be required to work as reasonably required to fulfil the requirements of the position and needs of the business.

This document is a guide only and should not be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of changing needs of the organisation. All employees may be required to undertake any other duties as may be reasonably requested.

Millwall Football Club values diversity within our business, we have a philosophy of equal opportunity for all.

How to apply:

To apply, please send your CV and covering letter to to lbloom@millwallplc.com

Due to the quantity of applicants expected, only those short-listed will be notified.





Closing date for applications: Monday 25th October 2021.

Other info:

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Millwall Football Club are fully committed to equality, diversity, inclusion and anti-discrimination. We will work to address areas of under-representation and disadvantage in all aspects of our operations, activities and services. In practice, this means that we will respect the needs of each and every individual regardless of their differences; and to this end we will deliver our operations, activities and services in such a way so as to ensure that that no one is excluded.

