



Job Pack

ETC Strength &

Conditioning Coach

Who are BFCCT?

Blackpool FC Community Trust (BFCCT) is the official charity of Blackpool FC, based at Bloomfield Road Stadium. Working with residents as young as two years old up to adults in the later stages of life, Blackpool FC Community Trust provide a diverse range of programmes to increase social inclusion opportunities; improve physical fitness, health, and education; and lessen involvement in anti-social behaviour.

Many of the initiatives we deliver are directly funded through partner organisations and grant-awarding bodies. Some of these include The Premier League; the EFL Trust; The PFA; Sport England; Big Lottery; The Football Foundation; NHS Blackpool CCG and Blackpool Council to name a few. BFCCT constantly evolves to support local need and by linking with local partners we can increase our impact on the town.

Working with so many organisations has allowed us to become a vital strategic partner in activity provision across Blackpool and the Fylde Coast. In addition to the wealth of programmes out in the community and local schools, BFCCT provide several education opportunities on site. These include an alternative to main-stream schooling for Year 10 and 11 students; Traineeships for those not currently in work or education; as well as full-time education offers as part of Blackpool FC Sports College. Studying at Blackpool FC Sports College gives students the unique opportunity to learn within the largest sports organisation in Blackpool. This means students can speak to, and gain experience from, professionals currently working in the sport, fitness, and leisure sector.

In recent years, the Community Trust has grown into a well-established organisation, providing something for everybody, that every Blackpool FC fan and resident should be involved with and very proud of. Last season we were awarded with Community Club of the Season at the Northwest Football Awards as well being crowned Regional Community Club of the Season at the EFL Awards.



Our Mission

our core purpose...

To develop and deliver diverse community programmes and build partnerships to provide the people of Blackpool with the best opportunities.

We will do this by;

- Increasing social inclusion
- Improving physical fitness, overall health
- Reducing involvement in anti-social-behaviour
- Raising aspirations and expanding local education offers

Our Values

How we go about our work...

In all of our work we will be;

Bold &
Innovative

We will encourage staff to innovate to provide the best possible opportunities for residents and be bold in the development of ideas and future plans.

Focused on our
Community

At all times, in everything we develop and deliver, we will have the people we are hoping to engage at the heart of our intentions.

Creative &
Forward Thinking

We will find creative ways around barriers to engagement and develop programmes that are successful, accessible and enjoyable whilst anticipating future issues and trends.

Our Vision

Where we want to go in the future...

To continue to change the lives of local residents and build a more healthy, active and work ready community.

Job Title: ETC Strength & Conditioning Coach

Salary: £35 per session

Hours: 2 hours per week

Location: Aspire Sports Hub

Responsible To: Female Football Development Manager

Closing Date: 5pm Saturday 31st May

Job Purpose

Blackpool FC Community Trust is the official charity of Blackpool FC, based at Bloomfield Road Stadium. Working with residents as young as 2 years old up to adults in the later stages of life, BFCCT provide a diverse range of programmes to increase social inclusion opportunities; improve physical fitness, health, and education; and lessen involvement in anti-social behaviour.

In recent years, the Trust has grown significantly and has become an established organisation, providing something for everybody, that every Blackpool FC fan and resident should be involved in and very proud of.

Blackpool FC Community Trust are seeking a Strength and Conditioning Coach to work with all of our girls squads from u9s to u16s.

The role of our Strength and Conditioning Coach is to support our players on their development pathway, with a focus on physical development. You will ensure ETC players experience a physical performance programme that supports the club blueprint and delivers high quality athletes who are balanced, autonomous and adaptable. This role will focus on developing a programme to aid injury prevention. Candidates should demonstrate outstanding personal skills and excellent knowledge of athlete development whilst having a clear understanding of the female player pathway.

To secure a role on the most elite girls' coaching programme on the Fylde Coast candidates should demonstrate outstanding personal skills and excellent knowledge of player development whilst having a clear understanding of the female player pathway.

Blackpool FC Community Trust is the official charity of Blackpool FC, based at Bloomfield Road Stadium. Working with residents as young as two years old up to adults in the later stages of life, BFCCT provide a diverse range of programmes to increase social inclusion opportunities; improve physical fitness, health and education; and lessen involvement in anti-social behaviour.

In recent years, the Trust has grown significantly and has become an established organisation, providing something for everybody, that every Blackpool FC fan and resident should be involved in and very proud of.

Main Roles and Responsibilities

- **To connect with our young children and support and challenge them.**
- **Design and implement strength and conditioning sessions that are specific to the age of the players you are working with.**
- **To be responsible for planning and delivering high quality strength and conditioning sessions in line with our coaching curriculum.**
- **To be responsible for reviewing, reflecting and evaluation sessions**
- **To develop a programme which will focus on prevention of injury in female athletes**
- **Co-ordination/delivery of sports-science education workshops during the season**
- **Ensure the focus of every training session and game is always on the individual physical progression of the player.**
- **To attend training sessions once a week, and to take the lead for warm ups and cool downs on the ETC games programme (approximately every 6 weeks)**
- **To provide input for player & parent review meetings regarding individual player profiling**
- **To act professionally when representing BFCCT, including but not limited to training/games, and to be set up and ready 15 minutes prior to the players arrival. To be a positive role model to all players, parents and work colleagues.**
- **Work in line with the Blackpool FC ETC playing and coaching philosophy to promote a culture and identity throughout the ETC.**
- **Ensure all equipment is maintained and facilities are respected, to give our players the best experience.**
- **To attend all ETC CPD events.**
- **To demonstrate your commitment to Equality, Inclusion and Anti-Discrimination, training in these areas will be mandatory.**
- **In line with our safeguarding policies, the coach needs to ensure that all relevant documentation is kept up to date and is accessible on request.**
- **To be committed to ensuring the welfare and safeguarding of elite Emerging Talent Centre players, maintaining professional boundaries and promoting their well-being needs.**
- **Have a working relationship and open communication with ETC physio, age group coaches and Centre Manager to safeguard every child within the ETC**
- **To comply with the Community Trust and ETC 'Code of Conduct' regulations.**
- **Any other reasonable duties, as requested by the Centre Manager.**
- **The above job description is not intended to be exhaustive; the duties and responsibilities may therefore vary over time according to the changing needs of the club.**

Person Specification

Qualifications	Essential	Desirable
BSC in Sports Science or a Sports Science related discipline	✓	
UK Strength and Conditioning Association or ASCC accreditation		✓
FA First Aid Level 1	✓	
FA Safeguarding Certificate	✓	
FA Level 1 in Football qualification		✓

Knowledge	Essential	Desirable
Understanding of the female talent pathway	✓	
Knowledge of child development		✓

Skills & Experience	Essential	Desirable
Experience of working with young people in a football environment	✓	
Ability to work independently or as part of a team	✓	
Experience of planning strength and conditioning coaching sessions	✓	
Experience and understanding of setting SMART targets in relation to athlete development	✓	
Previous experience of working within the charity sector or a Football Club Community Organisation		✓
Proven track record of inspiring and working with and children and young people	✓	
Able to work within a diverse community and draw on individual strengths to relate to individuals in the ETC		✓
Able to demonstrate excellent oral and written communication / presentation skills, which are culturally competent.	✓	
Good organisation and time management skills, and able to prioritise and work within deadlines.	✓	
Excellent communication and motivational skills	✓	
Hold a D1 or equivalent for driving a mini-bus		✓
Excellent IT skills		✓

Behaviour	Essential	Desirable
Commitment to develop self to improve performance and CPD.	✓	
Work to a high standard at all times	✓	
A commitment to supporting all participants, working with the principles of equality, diversity and inclusion	✓	

Employee Benefits

- Coaching kit
- Allowance for work related expenses
- Support with work related CPD opportunities
- Free parking on site

Important Information

Blackpool FC Community Trust is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. This role involves the supervision of and work with children and young people or vulnerable adults and therefore you will require an Enhanced Criminal Records Check (CRC) through the Disclosure and Barring Service (DBS) and clearance for work in football by the FA. As such, this post is exempt for the rehabilitation of Offenders Act (1974) and the applicant must disclose all previous convictions including spent convictions.

Blackpool Football Club Community Trust is a Forces' Friendly Employer and encourages applications from members of the Defence community.

As Blackpool FC Community Trust is a diverse organisation that respects differences in race, disability, gender, gender identity, sexual orientation, faith, background, or personal circumstance we welcome all applications. We want everyone to feel valued and included within the organisation to achieve their full potential. Blackpool FC Community Trust is opposed to any form of discrimination and commits itself to the redress of any inequalities by taking positive action where appropriate.

You provide several pieces of data to us directly during the recruitment exercise. In some cases, we will collect data about you from third parties, such as employment agencies, former employers when gathering references. Should you be successful in your job application, we will gather further information from you. If you would like to know more about the data, we collect and how we use the data please email selina.hayes@bfct.co.uk.

Please return this form by email to: Andrew.Aspinall@bfct.co.uk or by post to Blackpool FC Community Trust, FAO Andrew Aspinall, Female Football Development Manager, Seasiders Way, FY1 6JJ

www.bfcct.co.uk