



Job Description & Person Specification

Position Details

Position: Lead Strength & Conditioning Coach	Department: First-Team	Reporting To: First Team Manager / Head of Football Operations
Hours of Work: 40 hours per week, including weekends, evenings and match days.	Salary: £30,000 - £35,000	Direct Reports: Sports Science Interns
<p>Summary: Working closely with coaching, medical and analysis staff, the Lead Strength & Conditioning Coach will oversee all aspects of physical performance support for the First Team squad.</p> <p>The role requires a proactive practitioner with excellent communication skills, strong attention to detail and the ability to operate effectively within a multidisciplinary high-performance environment.</p> <p>Attendance at all First Team fixtures, training sessions and relevant club activities will be required.</p>		

Job Description

Key Responsibilities

Physical Performance & Athletic Development

- Design, implement and deliver individualised and squad-based strength and conditioning programmes
- Lead gym-based and pitch-based physical preparation sessions
- Develop players' strength, power, speed, mobility, conditioning and robustness
- Plan and periodise physical programmes across weekly microcycles and seasonal phases
- Support return-to-play conditioning and rehabilitation processes in collaboration with medical staff

Monitoring & Performance Analysis

- Manage and interpret player monitoring systems including GPS, wellness, RPE and physical testing data
- Deliver regular reports and feedback to coaching and medical staff
- Monitor training loads to optimise performance and minimise injury risk
- Lead physical profiling and testing procedures throughout the season

Injury Prevention & Recovery

- Implement evidence-based injury prevention strategies
- Deliver pre-activation, mobility and recovery protocols
- Work collaboratively with physiotherapy staff on rehabilitation planning and player reintegration
- Promote best practice in recovery, nutrition support and athlete wellbeing

Collaboration & Culture

- Contribute positively to a high-performance culture throughout the Club
- Work closely with coaches and support staff to integrate physical principles into the football programme
- Maintain accurate records and ensure compliance with all professional standards
- Engage in continued professional development and remain current with industry best practice

Person Specification

Essential Criteria

- MSc (or equivalent postgraduate qualification) in Strength & Conditioning, Sport Science or a related discipline
- UKSCA accreditation (ASCC) or actively working towards accreditation
- Demonstrable experience working within elite or professional football environments
- Excellent knowledge of contemporary strength & conditioning methodologies and physical periodisation within football
- Experience using athlete monitoring and performance technologies, including GPS systems and force plate testing
- Strong communication, organisational and interpersonal skills, with the ability to work effectively within a multidisciplinary team

- Ability to work flexible hours including evenings, weekends and travel as required
- Valid Emergency First Aid qualification and enhanced DBS clearance

Desirable Criteria

- Experience working within the EFL and/or Category 1 or Category 2 academy environments
- Experience supporting return-to-play processes alongside medical staff
- Experience line-managing, mentoring or supervising support staff, interns or placement students
- Knowledge of long-term athletic development and youth-to-first-team transition pathways

About the Club

What We Offer

- Opportunity to work within a progressive professional football environment
- Access to continued professional development opportunities
- Club staff benefits and matchday access
- The chance to contribute meaningfully to the Club's long-term performance objectives

Safeguarding & Equality

Newport County AFC is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

The Club is committed to equality, diversity and inclusion and welcomes applications from all suitably qualified candidates regardless of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

This Job Description may be changed and/or amended at the discretion of the Club

Deadline for applications is Friday 29th May. Due to expected high volume of applicants, please assume that your application has been unsuccessful if you have not been contacted within 1 week post-application deadline. Successful applicants will be subject to an enhanced DBS check and must be able to provide contact details for two written references upon request.