



<b>Job Title:</b>	First Team Sport Scientist
<b>Responsible for:</b>	GPS Data Analysis and Sport Science Delivery to First Team
<b>Responsible to:</b>	Assistant Manager (First Team) Head of Medical and Sport Science (First Team)
<b>Recommended Qualifications:</b>	BSc (Hons) Sport Science UKSCA Workshops (Accreditation desirable) Emergency Aid Certificate/First Aid Certificate
<b>Personal Spec:</b>	<p><b>Team Working:</b></p> <ul style="list-style-type: none"> <li>• Uses appropriate methods and a flexible interpersonal style to help build a cohesive team, facilitating the completion of team goals.</li> <li>• Develops direction and structure, ensuring clarity of role and purpose.</li> <li>• Facilitates goal accomplishment for the team, provides necessary resources and works to remove obstacles.</li> <li>• Involves others in team decisions and shares important, relevant information.</li> <li>• Takes responsibility for all aspects of the situation even beyond ordinary boundaries, and for the success and failure of the First Team results.</li> <li>• Embraces role as an Assistant, creating a positive climate in which players increase the accuracy of their awareness of their own strengths and limitations.</li> </ul> <p><b>Communication:</b></p> <ul style="list-style-type: none"> <li>• Clearly conveys information and ideas through a variety of media to individuals and groups that engages and helps them to understand and retain the message.</li> <li>• Acknowledges and Implements methodology from the First Team Management Team to ensure consistent methods.</li> <li>• Adjusts communication in line with expectations of both individuals and groups.</li> <li>• Confident sharing and presenting to individual/groups of players and individual/groups of staff.</li> </ul> <p><b>Work Standards:</b></p> <ul style="list-style-type: none"> <li>• Sets high standards of performance for self and others; assuming responsibility and accountability for successfully completing GPS Analysis and Sport Science delivery.</li> <li>• Sets standards for excellence; wants to perform better, to improve, to be more effective and efficient; measuring progress against targets set.</li> <li>• Takes responsibility and encourages others to take responsibility.</li> <li>• Adhere to the Club's safeguarding and child protection policies.</li> </ul> <p><b>Continuous Personal &amp; Professional Development:</b></p> <ul style="list-style-type: none"> <li>• Seeks and uses feedback to identify appropriate areas for learning.</li> <li>• Works with a mentor on an Individual Development pathway and shows quarterly evidence of goal setting and achievement.</li> <li>• Identifies and participates in appropriate learning activities to fulfil development needs.</li> <li>• Actively identifies and takes ownership of new areas for development.</li> <li>• Consistently creates and takes advantage of learning opportunities; using newly gained knowledge and skill on the job and learning through their application.</li> </ul>

**Main Duties:**  
(Objectives,  
Measures of  
Performance &  
Accountability)

- Uphold the Aldershot Town Football Club working culture.
- Report daily to Head of Medical and Sport Science to prioritise workload.
- Responsible for assisting in the continual development and application of the Aldershot Town sport science delivery to make certain relevant player outcomes are achievable.

First Team

- Assist in the planning, delivery and evaluation of all sport science matters to first team players under the direction of the Head of Medical and Sport Science.
- Preparation and application of all available GPS and heart rate monitoring equipment for the use of data analysis of first team players for all training and matches.
- Formulate and evolve a match-day and training GPS/HR report template.
- Preparation and delivery of written reports of all GPS/HR data within 24 hours of training/match completion.
- Develop, analyse and deliver specific quarterly reports as guided by the Head of Medical and Sports Science and Assistant Manager First Team.
- Ensure all session plans and evaluations are recorded.
- Assist the Head of Medical and Sport Science in the daily monitoring of players training load using Athlete monitoring software and recognise overloading/under-loading of players during evaluation sessions.
- Assist the first team management in the preparation and delivery of training sessions and when required supervise players as directed by the Assistant Manager.
- Be responsible for all first team sport science equipment and liaise with third party organisations to develop and improve current equipment holdings under guidance from the Management Team.
- Continually strive to improve and implement the necessary interventions to evolve the sport science role.