



Dato:  
15.03.2022

1 av 4

## Fysisk Trener (100%) - Fast kontrakt frem til 1. januar 2023

Fotballklubben Bodø/Glimt spiller sine hjemmekamp på Aspmyra stadion, og klubben er nåværende norgesmestere. Klubbens akademi ble klassifisert som topp 3 nasjonalt i siste klassifiseringsprosess, og spillere fra akademiet har suksess både i klubben, andre lag i Norge og utlandet.

### Jobbeskrivelse:

Rollen til fysisk trener er grunnleggende for den langsiktige visjon til FK Bodø/Glimt om å utvikle de beste unge spillerne fra Nord-Norge. Fysisk Trner er ansvarlige for implementering og gjennomføring av akademiets fysisktreningemetodikk med G6-19 spillere, en vil arbeide tett sammen med fysisk og medisinsk team.

### Ansvarsområder:

Den fysiske treneren vil være ansvarlig for å følge opp den fysiske utviklingen for hele Glimt-akademiet (G13-G19). Dette innbefatter også arbeid inn mot klubbens G6-12 Akademi.

Fysisk trener vil også ha et ansvar for å bidra med spillerutvikling utenfor klubben, i samarbeid med andre klubber i Bodø og i regionen.

Den primære rollen vil fokuser på planlegging og måling av treningsintensitet / belastning med G13-15 Trener og G16-19 Trener, sammen med levering av fysiske coachingøkter i begge faser. Dette vil inkludere involvering i øktedesign, og det kreves derfor en coachingkvalifisering / erfaring. Treneren til den fysiske ytelsen vil også ha innspill fra en kampdag med lagene som spiller i 3. divisjon sammen med nasjonalseries (G18, 16 og 14).

Den fysiske treneren vil også jobbe sammen med klubbens medisinske team for å koordinere levering av skadeforebyggelsesprogrammet til lagene i Glimt-akademiet. Når det er påkrevd samarbeider fysisk trener med A-laget om treningsopplegg for enkeltspillere.

### Key tasks and responsibilities:

- Provide high level of interpretation of GPS data, recommendation and feedback to coaches and medical department.
- Use training data to try to offer daily advice to the coaching team to ensure the physical development requirements are optimised through the football session design.
- Plan and coach physical interventions that include a speed, agility or plyometric element in line with the coaching theme of the day in both a team and individual setting.
- Assist with delivery of individual and group strength and conditioning programmes, including both indoor and pitch-based strategies.
- Responsible for the academy physical S&C sessions in line with the Sports Science syllabus
- Lead age-appropriate strength & power gym-based sessions in line with syllabus
- Monitoring and report growth & maturation data
- Collecting and report performance testing data
- Provide physical feedback in player performance review-
- Engage in CPD activities

The Academy Physical Performance Coach will be responsible for adding and contributing to the club's Medical and Physical department, the primary role will involve focusing on the planning and measurement of training intensity / load within the academy, along with delivery of physical coaching sessions. The Academy Physical Performance Coach will also work alongside the club's MDT to co-ordinate the delivery of the injury prevention programme to the squads.

Generalpartner:



[www.glimt.no](http://www.glimt.no)



### **Nødvendig kompetanse og kvalifikasjoner:**

Det er viktig at søkeren har en mastergrad innenfor fagområdet idrettsvitenskap, og ønskelig at søkeren har UEFA B-lisens. Relevant erfaring innen et utviklingsmiljø vil også bli påkrevd, samt eventuelle andre kompetansebevis som vil være relevant for å søke på denne stillingen. Søkeren må være selvdrevet, trygg på å jobbe som en del av et team, og ha sterk kommunikasjonsevne. Vi oppfordrer kvinner til å søke.

Vi oppfordrer kvinner til å søke. Du kan søke med elektronisk CV og brev til [gregg@glimt.no](mailto:gregg@glimt.no).

Lønnen vil være 450.000 kroner-500.000 NOK, avhengig av erfaring og kvalifikasjoner. Søknadsfrist 28.Mars 2022.

**Vi ser etter trenere hvis nåværende situasjon gjør at de kan begynne å jobbe innen 1. mai 2022.**

### **Required competence and qualifications:**

Essential Requirements:

- MSc in Sport Science (or MSc Strength and conditioning), but as a minimum BSc in the same subjects.
- UEFA-B license
- Extensive experience in working with young footballers
- Strength and conditioning qualification and experience

The applicant will need to be self-driven, confident of working as part of a team, and possess strong communication skills.

To apply for the position please send your CV in with a cover letter to [gregg@glimt.no](mailto:gregg@glimt.no).

Salary will be 450,000-500,000 NOK depending on experience and qualifications. Application deadline 28<sup>th</sup> March 2022. We are searching for applicants whose current situation allows them to start this role by May 1<sup>st</sup> 2022.

<u>JOB TITLE</u>	Academy Physical Performance Coach (Fysisk Trener)
<u>DEPARTMENT</u>	Bodø/ Glimt Medical and Physical Department
<u>REPORTS TO</u>	Head of Medical and Physical Department (MS)
<u>LOCATION</u>	Aspmyra
<u>PURPOSE OF THE ROLE</u>	The Academy Physical Performance Coach will be responsible for adding and contributing to the clubs sports science and medical department, the primary role will involve focusing on the planning and measurement of training intensity / load within the academy, along with delivery of physical coaching sessions in both phases.
<u>Key Tasks / Responsibilities</u>	<ul style="list-style-type: none"> <li>• Provide high level of interpretation of GPS data, recommendation and feedback to coaches and medical department.</li> <li>• Use training data to try to offer daily advice to the coaching team to ensure the physical development requirements are optimised through the football session design.</li> <li>• Plan and coach physical interventions that include a speed, agility or plyometric element in line with the coaching theme of the day in both a team and individual setting.</li> <li>• Assist with delivery of individual and group strength and conditioning programmes, including both indoor and pitch-based strategies.</li> <li>• Responsible for the academy physical S&amp;C sessions in line with the Sports Science syllabus</li> <li>• Lead age-appropriate strength &amp; power gym-based sessions in line with syllabus</li> <li>• Monitoring and report growth &amp; maturation data</li> <li>• Collecting and report performance testing data</li> <li>• Provide physical feedback in player performance reviews.</li> <li>• Engage in CPD activities</li> <li>• Ensure an up-to-date audit of nationally benchmarked data across the department for all Academy players, ensuring information is kept in-line with NFF guidelines and fed back to other relevant members of staff on a regular basis.</li> </ul>
<u>Attributes</u>	<p><b>All applicants should have the following qualifications/experience:</b></p> <ul style="list-style-type: none"> <li>• MSc in Sport Science (or MSc Strength and conditioning), but as a minimum BSc in the same subjects.</li> <li>• UEFA-B license</li> <li>• Extensive experience in working with young footballers</li> <li>• Strength and conditioning qualification and experience</li> </ul> <p><b>All applicants should have:</b></p> <ul style="list-style-type: none"> <li>• Knowledge in working with GPS data and implementing periodization plans based on the interpretation of this data.</li> <li>• Good knowledge of motor skills and movement, as well as applying, improving and coaching the players' movement skills.</li> <li>• You must have knowledge of, and contribute to, session design to achieve the physical goals in our accrual plan. <ul style="list-style-type: none"> <li>• Experience of working with young elite athletes and creating/managing programmes to facilitate their long-term athletic development.</li> <li>• An understanding and ability to work within a multi-disciplinary team</li> <li>• In possession of excellent interpersonal and communication skills</li> <li>• Knowledge and understanding of Academy Football</li> <li>• An ability to work in a high-pressured environment with a flexible approach, in order to dedicate time to the programme as the schedule determines.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>IT skills to include a high level of competence using Excel, Word, Access and PowerPoint skills</li> </ul> <p>Desirable:</p> <ul style="list-style-type: none"> <li>Understanding of operating at a high level European academy.</li> <li>Spoken Norwegian /Swedish / Danish</li> </ul>
<u>Other</u>	<ul style="list-style-type: none"> <li>Hours of work will be 40 hours per week, to be agreed with your line manager.</li> <li>The job involves working unsociable hours and weekends.</li> <li>You may be asked to undertake additional duties to those above, either on a temporary or permanent basis, which the Club reasonably believes you are capable of carrying out, or for which you will be trained.</li> <li>Relevant professional, ethical and health and safety standards apply to this role</li> </ul>
<u>General information</u>	<p>The Employee must at all times carry out his/her responsibilities with due regard to the Club policies and procedures, in particular Health &amp; Safety, Financial Authorisation, Confidentiality and with regard to the Data Protection Act.</p> <p>The Employee must ensure a positive commitment towards equality and diversity by treating others fairly and not committing any form of direct or indirect discrimination, victimisation or harassment of any description and to promote positive working relations amongst Employees and customers. 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.</p>
<u>Key performance indicators</u>	<p><b>General</b> Applicants will: Behave appropriately and professionally at all times, considering his/her actions and the implications on their self-image and that of the Football Club as a whole. They will ensure high personal standards of appearance and conduct and promote a working environment where respect and consideration for others is important.</p> <p>Demonstrate a positive and enthusiastic attitude at all times and be prepared to go the extra mile. They will be receptive to new ideas and take feedback on-board and use it to their advantage.</p> <p>Conduct their duties to a high standard, be organised and able to meet set deadlines. They will strive for excellence within their work and demonstrate attention to detail. Have a holistic, player-centred approach within their duties, identifying the players' needs and demonstrating a passion for meeting these. They will build relationships with the Academy players and strive to develop them as people as well as footballers.</p> <p><b>Specific</b> <i>To be developed with role-holder</i></p>

**JOB DESCRIPTION AGREEMENT**

Employee Signature:		Date:	
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Line Manager Signature:		Date:	
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