



Dato:
25.03.2021

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Fysisk trener Glimt Akademiet (100% stilling)

Fysisk trener i Akademiet vil være ansvarlig for å utvikle og overvåke programmer for fysisk form og prestasjon i hele Akademiet (eliteteam fra G13 – G16). Fysisk trener vil også ha ansvar for å bidra opp mot spillere utenfor klubben, i samarbeid med andre klubber i Bodø og regionen.

Hovedoppgaver og ansvarsområder

- Grundige og nøyaktige evalueringer av GPS data. Evne til å omsette dette i praktiske tilbakemeldinger og anbefalinger til trenere og medisinsk avdeling.
- Bruke treningsdata til å sikre at utviklingen av spillernes fysiske form er optimalisert gjennom den daglige treningen, fortløpende rådgivning til trenerstaben med dette som mål.
- Planlegge og utføre treningsintervensjoner som inkluderer hurtighet, samspill eller plyometriske elementer i samarbeid med øvrige trenere, både i gruppe og individuell setting.
- Utarbeide individuelle og gruppebaserte styrkeprogram, med strategier både for innendørs- og banetrening.
- Ansvar for Akademiets fysiske treninger i tråd med til enhver tid oppdaterte retningslinjer i sportsvitenskap
- Styre alderstilpassede styrke og utholdenhets sesjoner i treningsrom
- Overvåke og rapportere vekst og modningsdata
- Samle inn og rapportere prestasjonsdata
- Gi konkrete tilbakemeldinger i evaluering av spiller prestasjoner
- Engasjere seg i videreutdanning- og forbedringstiltak og bidra til dette sammen med klubbens medisinske og fysiske avdeling.
- Planlegging og måling av treningsintensitet og byrde i Akademiet.
- Fysisk trener i Akademiet vil også jobbe sammen med øvrige medisinske og fysiske team i å levere skadepreventionsprogram

Nødvendig kompetanse og kvalifikasjoner

- Bred erfaring i å jobbe med unge fotballspillere på Akademinivå
- Minimum UEFA B lisens
- Utdanning på masternivå innen fysisk trening/idrettsvitenskap
- Kvalifikasjoner i styrke og utholdenhetstrening
- Kompetanse i bruk av div. relevante dataprogrammer; Excel, Word, Access og PowerPoint
- Erfaring i å jobbe med GPS data, fortolke og implementere dette i planlegging.

Søkeren må være selvstendig, selvgående og trygg i arbeidet som en del av teamet og inneha sterke kommunikasjons- og samarbeidsevner. Arbeidet krever fleksibilitet og mulighet til å dedikere tid til programmet, tilpasset det som til enhver tid kreves.

Bodø Glimt er en av Norges mest spennende klubber, og har de siste årene levert spillere til større klubber i Europa både fra Akademiet og A laget. Vi tilbyr et spennende og godt arbeidsmiljø, med store utviklingsmuligheter. Akademiet er et satsningsområde for klubben, og fysisk trener vil inngå i et team med engasjerte medarbeidere.

For å søke på stillingen som fysisk trener, send CV og jobbsøknad til bg@glimt.no. Lønnen vil være på mellom kroner 450.000-500.000,-, avhengig av erfaring og kvalifikasjoner.

SØKNADSRIST: 5. april 2021

For mer informasjon ta kontakt med utviklingsleder Gregg Broughton på mail gregg@glimt.no, eller leder for medisinsk og fysisk avdeling Morten Sørgård på mail mortensorgard@me.com

Generalpartner:



www.glimt.no





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Academy Physical Performance Coach (100%)

The Academy Physical Performance Coach will be responsible for overseeing the improvement of physical performance throughout the Academy (elite teams from G13-G19). This will also be tied in with input towards FFO, Bygruppe and the other F.K. Bodø/Glimt teams (G7-G16).

There is also a responsibility for contributing towards player outside of the club, in partnership with other clubs in Bodø and in the region

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.

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 bg@glimt.no. Salary will be 450,000-500,000 NOK depending on experience and qualifications. Application deadline 5. April 2021 For further information contact Academy Leader Gregg Broughton, gregg@glimt.no or Head of Medical and Physical Department Morten Sørsgård, mortensorgard@me.com.

Generalpartner:



www.glimt.no



<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"> • 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 reviews. • Engage in CPD activitiesEnsure 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.
<u>Attributes</u>	<p>All applicants should have the following qualifications/experience:</p> <ul style="list-style-type: none"> • 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 <p>All applicants should have:</p> <ul style="list-style-type: none"> • Knowledge in working with GPS data and implementing periodization plans based on the interpretation of this data. • Good knowledge of motor skills and movement, as well as applying, improving and coaching the players' movement skills. • 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"> • Experience of working with young elite athletes and creating/managing programmes to facilitate their long-term athletic development. • An understanding and ability to work within a multi-disciplinary team • In possession of excellent interpersonal and communication skills • Knowledge and understanding of Academy Football • 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. • IT skills to include a high level of competence using Excel, Word, Access and PowerPoint skills <p>Desirable:</p> <ul style="list-style-type: none"> • Understanding of operating at a high level European academy. • Spoken Norwegian /Swedish / Danish
<u>Other</u>	<ul style="list-style-type: none"> • Hours of work will be 40 hours per week, to be agreed with your line manager. • The job involves working unsociable hours and weekends. • 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. • Relevant professional, ethical and health and safety standards apply to this role
<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 & 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>General</p> <p>Applicants will:</p> <p>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>Specific <i>To be developed with role-holder</i></p>
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JOB DESCRIPTION AGREEMENT

Employee Signature:		Date:	
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Line Manager Signature:		Date:	
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