



Strength and Conditioning Voluntary Placement

Position: Strength and Conditioning Placement

Organisation: Plymouth Argyle Football Club

Department: Academy

Position basis: Voluntary

Availability Requirements:

- Tuesday and Thursday evenings at Ivybridge Community College (6:30PM-8:00PM).
- Opportunities to get involved with U18's will be available, but flexibility may be required due to scheduling.

Responsible for:

- Assisting the planning and implementation of strength and conditioning programmes in line with the academy's long-term athletic development plan.
- Develop individualised training plans to support the development of academy footballers.
- Utilise the academy's Performance Management Application (PMA) to record training programmes, monitor progress and assess results.

Expectations:

- Ensure any programmes are verified by Ryan McClements prior to implementation.
- Develop a rapport with our academy players to encourage engagement.
- Communicate any issues or absences with Alex Booth as early as possible.

If you are interested in applying for the role, please contact Alex Booth at:

alex.booth@pafc.co.uk