ARGYLE COMMUNITY TRUST

JOB APPLICATION PACK

BUCS Physical Performance Coach

£15 per hour | Sessional | Zero hours

EFL

Professional Footballers' Association

We are proud to be the official charity of Plymouth Argyle Football Club. For over 25 years it has been our mission has been to inspire and make a positive difference to Devon and Cornwall Communities.

Our outreach work, and the impact we have on the lives of the communities we proudly serve, wouldn't be possible without our incredible people. Trust staff truly make a difference every day.

Mark Lovell - Argyle Community Trust Chief Executive Officer

WHO WE ARE

We are the leading sport for social good charity in Devon and Cornwall, operating over 2,700 square miles. We utilise the prestige of football and the reach of the club to inspire, engage, and help people of all ages, genders, races, and socioeconomic statuses, with a vision to 'provide opportunities to all people within our local communities by inspiring and empowering them through sport'.

OUR VALUES

We endeavour to uphold six core organisational values:

Professionalism - our staff are role models, coaches, mentors, and teachers and must conduct themselves professionally.
Inclusivity - we believe in fair play and having open access for all. We aim to celebrate diversity and focus on the needs of each individual and community.
Respect - we respect our partners, people, and communities and aim to gain the respect of others.
Excellence - we strive for excellence in all we do to support our beneficiaries and ensure they reach their full potential.
Honesty - we are open and transparent in all our work and with the communities we serve.
Pride - we are proud of what the organisation and its parent club represent.

WHAT WE DO

Our work across Devon and Cornwall focuses on removing barriers to participation and offering opportunities that are accessible to all communities in our operational area. We maintain a focus on disadvantaged and isolated communities, underrepresented groups, at-risk children, young people, and adults. We strive to work ethically and transparently in everything we do.

OUR MISSION

Our mission is to inspire and make a positive difference to Devon and Cornwall communities through the power of sport and the brand of Plymouth Argyle Football Club. In short 'We are One Argyle.'

Our work strands focus on six key areas, all aligning with our strategic aims which are to:
Empower people in the communities of Devon and Cornwall to overcome inequalities and raise aspirations by providing opportunities and accredited attainment.
Promote physical participation and wellbeing by encouraging healthier lifestyles and removing barriers to participation.
Inspire supporters to engage with our community outreach programmes.
Improve our systems and structures to ensure we provide quality, efficient services that are value for money.
Understand and measure the impact of our programmes on the community.

Equality, Diversity and Inclusion

Argyle Community Trust is an equal opportunities employer and welcome applications from all suitably qualified persons regardless of their race, sex, disability, religion/belief, sexual orientation, or age.

Safeguarding

Argyle Community Trust is committed to safeguarding, protecting the welfare of all participants in our programmes and promoting robust policies to ensure that our staff and volunteers adhere to safe practices. Where regulated activity forms a part of the job role, the successful candidate will be subject to undertaking enhanced DBS checks prior to employment.

Candidates are advised that in order to identify any matters that might relate directly to ACT's legal duty to meet the safeguarding requirements set out in KCSIE, online searches may be carried out on short-listed applicants in order to identify incidents or issues related to a candidate's suitability to work with children.

ARGYLE COMMUNITY TRUST

Position: BUCS Physical Performance Coach
Location: Plymouth
Offices: Plymouth Marjon University
Salary: £15 per hour
Contract: Zero hours - sessional coaching
Hours: Zero hours, Monday evenings only
Reports to: Higher Education Coordinator

Coaching with Argyle Community Trust is the perfect role for an individual with a passion for sport who enjoys motivating others, being out and about in their local community and who actually wants to have fun whilst they work. The successful candidate will be part of a great team and this role offers the right candidate the opportunity to join us in making a positive difference to students at Plymouth Marjon University.

Argyle Community Trust is seeking to appoint an enthusiastic and knowledgeable Physical Performance Coach to support the Men's and Women's BUCS Performance Football Programme at Plymouth Marjon University.

The successful candidate will be responsible for planning and delivering high-quality strength and conditioning sessions that enhance the physical development of student-athletes within a performance football environment.

Working closely with the Higher Education Coordinator and football coaching staff, the successful candidate will contribute to the physical preparation of both performance squads through gym-based and pitch-based sessions, physical testing and individual programme design.

This is an exciting opportunity for an ambitious coach looking to develop within a university performance environment while positively impacting the development of student-athletes.

Working pattern will be Monday evening and Friday morning.

HOW TO APPLY

If you can meet the specifications and would like to become part of the Argyle Community Trust team, please complete our online application form https://hr.breathehr.com/v/bucs-physical-performance-coach-48055You will be given the opportunity to upload a covering letter and CV should you wish to do so however, for safer recruitment purposes, we do not accept application by CV only.

If you would like further information or wish to discuss the post contact ACTrecruitment@pafc.co.uk.

For more information about the work of Argyle Community Trust and our strategic aims visit https://argylecommunitytrust.co.uk/about-us/.

Closing date for applications - Sunday, 16 August 2026
Shortlisting - Monday, 17 August 2026
Interview Date -Ongoing

JOB DESCRIPTION

Primary Objectives of the Role

- Plan and deliver engaging strength and conditioning sessions for the Men's and Women's BUCS Performance Programme.
- Design and oversee gym-based and pitch-based physical development sessions.
- Create tailored physical development programmes to meet individual player needs.
- Deliver physical performance testing throughout the season and monitor player progress.
- Develop players' strength, speed, power, movement quality and overall athletic performance.
- Work collaboratively with football coaching staff to ensure physical preparation complements the football programme.
- Foster a positive, challenging and high-performance learning environment.

Delivery and Quality

- Plan and deliver high-quality physical performance sessions throughout the academic year.
- Lead structured gym and pitch-based S&C sessions.
- Design individual physical development programmes for players based on their needs and goals.
- Deliver physical testing batteries and maintain accurate performance records.
- Monitor player engagement and progression throughout the season.
- Provide ongoing feedback regarding players' physical development.
- Implement warm-ups, mobility, movement preparation and recovery strategies.
- Maintain coaching records and associated administration.

Knowledge and Understanding

- Apply evidence-informed strength and conditioning principles appropriate for university football.Ensure that coaching files are maintained, daily reports are uploaded, and monitoring is completed.
- Demonstrate an understanding of long-term athletic development.
- Promote player wellbeing through safe and effective physical preparation.
- Maintain accurate records of testing, programmes and player progress.
- Engage in continuous professional development.

Safety

- Know and apply Trust policies on Child Protection and Health and Safety placing the safety of participants and staff at the forefront of planning and delivery.
- Maintain and organise kit and equipment taking responsibility for efficient use and careful husbandry of

resources and Trust property; Ensure logs and inventories are kept up to date.

- Participate in Argyle Community Trust CPD to support own development and development of others.

Engagement and Communication

- Engage, motivate and inspire groups of students and participants.
- Establish professional working relationships with partners and students..
- Develop healthy relationships with other staff to allow for a culture of constructive feedback, debate and discussions around coaching development

Core Responsibilities

- Prioritise Health and Safety and Safeguarding when planning and delivering to ensure that the Trust protects the welfare and safety of all staff, volunteers and participants.
- Enhance the reputation of the Trust by creating positive relationships within local and national networks.
- Strive for quality & high standards, setting clear expectations and upholding Trust values.
- Take personal responsibility for executing your duties, understanding policies and following procedures

PERSON SPECIFICATION

Qualifications and Experience	
Degree in Sport Science, Strength & Conditioning or related discipline	E
Level 2 Gym Instructor (or equivalent)	E
Experience delivering S&C to football players aged 16+.	E
Experience designing individual physical development programmes	E
Experience conducting physical performance testing	E
Experience working with both male and female athletes	E
Current FA Safeguarding Children Certificate	E
Current First Aid in Football	E
Experience within university, academy or senior football	D
UKSCA Accreditation (or working towards)	D
Knowledge And Understanding	
Football-specific strength and conditioning principles	E
Physical preparation for team sports	E
Strength, speed, power and movement development	E
Physical testing and athlete monitoring	E
Injury prevention through effective physical preparation	E
Safeguarding and player welfare	E
University football environment, performance testing technologies and sports nutrition awareness	D
Core Skills and Attributes	
Committed to continuous improvement.	
Excellent communication and interpersonal skills	
Ability to motivate and support male and female athletes equally	
Flexible, professional and collaborative in approach to coaching	
Staff Skills and Attributes	
Proven relationship-builder at all levels with strong interpersonal skills	
Behave in an inclusive and respectful way, always representing the positive EDI values of the Trust	
Ability to accurately convey meaning and deliver information in a clear and engaging way including face to face presentations and written materials	
Understand obligations regarding confidentiality, information sharing and GDPR	
Good standard of English in both written and verbal communication; effectively conveying information at an appropriate level at an appropriate level	
Respond positively to feedback and strive for high standards and excellence in all aspects of the role.	

RELATIONSHIPS

Key Internal Relationships	Key External Relationships
Higher Education Coordinator	Plymouth Marjon University
Head of Education	BUCS
DSO	

BENEFITS - WHY WORK FOR US?

We aim to ensure we look after our staff welfare and provide fair opportunities across the charity. Argyle Community Trust offers incentives and progression based on key performance indicators, appraisals and added value to the Trust for all permanent contracted staff.

- Relevant qualifications and training
- Ticket incentives for staff
- Free access to courses for your children across Trust provisions
- Club kit

Plymouth Argyle Football in the Community Trust trading as Argyle Community Trust
Plymouth Argyle Football Club, Home Park, Plymouth, Devon, PL2 3DQ
www.argylecommunitytrust.co.uk
community@pafc.co.uk
01752 522202

@argyletrust

Scan to view our 2022/23 Impact Report

SCAN ME

Company Number 06797988
Registered Charity Number 1128906
VAT number 478581341

ARGYLE COMMUNITY TRUST