



NEWPORT COUNTY AFC
RODNEY PARADE
RODNEY ROAD
NEWPORT
NP19 0UU
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COMPANY REGISTRATION NO. 02395863

Job Title: Head of Performance (First Team)

Report to: First Team Manager

Location: Newport County AFC Training base at USW Sportpark, Treforest

Role Summary:

The Head of Performance will look to develop and implement training programs to boost players' strength, speed, agility, and endurance while preventing injuries, working closely with coaches and medical staff to align physical prep with team strategy, using data analysis, and creating personalised plans for peak performance during matches and in training.

Key Roles and Responsibilities:

Program Design	<ul style="list-style-type: none">▪ Create tailored training programs that address the specific needs and goals of individual players and team needs, focusing on cardiovascular fitness, power, strength, and flexibility.▪ Plan and deliver individual and squad-based strength, power, speed, and conditioning sessions.▪ Guide players on goal setting, accountability, and overall wellness (nutrition, recovery).
Injury Prevention	<ul style="list-style-type: none">▪ Implement specific exercises (e.g., plyometrics, agility drills) to reduce injury risk, especially during changes of direction.▪ Conduct regular assessments to track progress, adjust programs as needed and prevent injuries.▪ Work with medical and rehab staff to plan and deliver RTP conditioning for injured players (Return-to-Pitch / Return-to-Train / Return-to-Play stages).
Performance Monitoring	<ul style="list-style-type: none">▪ Daily collection and interpretation of sports science data: GPS, heart rate, RPE, wellness, force plate metrics, and objective testing.▪ Produce daily and weekly reports for coaches and performance staff, highlighting trends, red flags, and actionable insights.
Supervision and Collaboration	<ul style="list-style-type: none">▪ Oversee training sessions to ensure proper technique, safety and adherence to the program.▪ Work with coaches to ensure fitness plans support the team's tactical philosophy and with medical teams for player health.
On-Field and Gym	<ul style="list-style-type: none">▪ Lead pitch-based warm-ups, speed exposures, conditioning blocks, and neuromuscular prep.▪ Implement individualised physical development plans (IDPs) aligned with position, profile, injury history, and season periodisation.▪ Develop acceleration, max-velocity, agility, and repeat-sprint programmes to enhance match-day physical outputs.
Nutrition Guidance	<ul style="list-style-type: none">▪ Providing guidance on nutrition and dietary choices to support players' performance and recovery.▪ Assist with hydration, fuelling, and any in-game performance support as required.
Motivation and Support	<ul style="list-style-type: none">▪ Offer encouragement and support to help players stay motivated and committed to their training regimes.▪ Provide clear, athlete-friendly communication to players regarding targets and expectations

Skills and Qualifications:

BSc Sports Science (related discipline)	Required
MSc Sports Science (related discipline)	Preferred
Professional qualification/registration (CASES, EXOS, UKSCA)	Required
Introduction to First Aid qualification	Required
FA Safeguarding children workshop	Required
IT Skills, including Outlook, Word and PowerPoint	Preferred
Experience of working in an analysis role within the First Team football environment at an elite level	Preferred
Experience of supporting match day preparation	Preferred
Experience in leading/managing an area/people or teams	Preferred
Highly competent in Catapult software	Preferred

This job description sets out the key outcomes required. It does not specify in detail the activities required to achieve these outcomes. As a term of your employment, you may reasonably be expected to perform duties of a similar or related nature to those outlined in the job description.

Please send all correspondence to chris.finn@newport-county.co.uk