



FIRST TEAM FITNESS COACH & PHYSIO – 2026/27 SEASON

Mersey Valley FC

Mersey Valley FC are seeking to appoint a committed and enthusiastic First Team Fitness Coach & Physio to join our senior setup ahead of the 2026/27 season.

This is an excellent opportunity for a motivated individual studying Sports Therapy, Physiotherapy, Sports Rehabilitation, Sports Science or Strength & Conditioning to gain valuable experience within a progressive grassroots football club, working closely with the First Team Manager and coaching staff to support player performance, fitness and welfare.

The Role

The successful candidate will play an important role in supporting the physical preparation and wellbeing of the First Team squad throughout the season, contributing both during training and on matchdays.

Key Responsibilities

Fitness & Player Development

- Support the planning and delivery of player fitness programmes alongside the First Team Manager.
- Monitor player fitness, workload and recovery throughout the season.
- Assist with injury prevention strategies and player conditioning.
- Support rehabilitation programmes for injured players.

Matchday Duties

- Lead and organise pre-match warm-ups.
- Provide pitch-side first response for injuries during matches.
- Assess injuries and advise players and coaching staff where appropriate.
- Assist with post-match recovery protocols.



Medical & Player Welfare

- Maintain player injury and treatment records.
- Advise players on recovery, mobility and injury prevention.
- Liaise with coaching staff regarding player availability and fitness.
- Promote high standards of player wellbeing and professionalism.

Club & Administration

- Attend training sessions and matchdays throughout the season.
- Work closely with the First Team Manager and coaching staff.
- Ensure compliance with FA and league medical guidance where applicable.
- Maintain clear communication with players and staff.

Working Alongside

- First Team Manager
- Assistant Manager
- Goalkeeper Coach
- Team Physio
- Data Analyst

Requirements

Qualifications

- Working towards or qualified in Sports Therapy, Physiotherapy, Sports Rehabilitation, Sports Science or a related discipline.
- FA Emergency First Aid in Football (EFAiF) or equivalent is desirable but not essential.

Experience

- Previous experience working within football or another team sport is desirable but not essential.
- Students seeking placement or practical experience are encouraged to apply.

Availability

- Wednesday evening training sessions
- Saturday fixtures throughout the season



MERSEY VALLEY FOOTBALL CLUB

www.merseyvalleyfootballclub.co.uk

Personal Qualities

- Strong communication and interpersonal skills.
 - Calm under pressure.
 - Organised and reliable.
 - Professional and approachable.
 - Passion for grassroots football and player welfare.
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What We Offer

- A supportive and ambitious club environment.
 - Valuable hands-on experience within senior grassroots football.
 - Opportunity to work alongside an experienced coaching team.
 - Practical experience that will enhance your CV and future career.
 - The chance to make a real impact on player development and performance.
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How to Apply

If you are interested in joining Mersey Valley FC, please get in touch with a summary of your experience and coaching background.

Email your CV and application to merseyvalleyfc@gmail.com

Closing Date: 1st September 2026

One Community. One Club. Stronger Together