



Graduate Profile

Name: Andrew Lombard
Graduated: November 2016
Job Title: Head of Sports Science/Sports Scientist
Employer: Queen of the South FC/Oriam Sports Performance Centre



Your background:

I'm originally from Dublin, Ireland. My sporting background is based in the GAA. I began coaching fundamental GAA skills to nursery/youth level players within my local club when I was 16. At this point I knew I wanted to be involved in performance. I continued to pursue coaching of different means throughout my teens and into university where I began studying my BSc in Health & Performance Science. After a 1 year internship I applied to study my MSc at the University of Edinburgh and leaped at the chance to study there when I was offered a place.

Tell us about your current role:

Firstly, I am 1st team sports scientist for Queen of the South FC as well as head of fitness for the club. This role requires me to monitor the player's pitch/strength training on a daily basis. I currently employ various internal & external methods of monitoring training load to build an overall picture of the stress training has on the players. With this information I can advise the direction of intensity/volume during the training process. Secondly, I work as a sports scientist at Oriam Sports Performance Centre. In this role I split my time between S&C development for academy football players and conducting field research with various athletes. The majority of my athletic cohort in this role are with youth athletes. In my opinion, this is an area of S&C that is often neglected but has the most rewarding work and beneficial outcomes for a coach.

What was it about the MSc in Strength and Conditioning that helped you get there?

During my time with the MSc S&C I gained a lot of experience and networking opportunities with many different high performers in the field. It was this exposure to meeting experienced coaches and scientists with a plethora of knowledge that helped me gain a broader perspective on high performance sport. It helped me understand that it's not just about physiological aspects, but psychological & social aspects that are important foundations of development in S & C. The support network from the staff members and lecturers was also different class and very open to my ideas and issues. They play an important role in your development.

What are your future career plans?

I hope to gather as much experience as I can in my current roles and pursue some research interests whilst working hard on gaining relevant CPD. I have hopes to one day develop my own academy system within the GAA to help apply LTAD performance models to athletes of all abilities. You can't build a skyscraper without laying the foundations first!

What advice would you give to someone who is considering studying Strength and Conditioning at Edinburgh?

Be open to having your views challenged, don't shy away from a good debate in class - even if it means realising you don't know as much as you think you do. The course brings in a group of coaches with a wide variety of experience and knowledge and you will learn a great deal from everyone you work with if you apply yourself. Don't be afraid to fail during your time at university, this is how you grow better in the long-term. Be willing to work the long, voluntary hours in an internship to gain experience and apply what you have learnt from the course. Network, network, network!