



## HEAD of SPORTS PSYCHOLOGY

San Diego FC ([San Diego FC](#)) is the newest member of the MLS family. As part of the unique [Right to Dream](#) model and the [Sycuan](#) Tribe's deep roots, we are proud to be building a San Diego-centric soccer organization that honors our history and celebrates emerging excellence.

### **SUMMARY:**

Reporting to the Director of Human Performance, the Sports Psychologist provides psychological support and mental skills training to San Diego FC athletes. This role involves developing strategies to enhance performance, managing stress, and promoting overall mental well-being, contributing to the holistic development of the athletes.

### **Key Responsibilities:**

- Develop and implement mental skills training programs to enhance athletes' performance and well-being.
- Conduct individual and group sessions to address psychological issues, performance anxiety, and stress management.
- Collaborate with coaches and performance staff to integrate mental conditioning into overall training programs.
- Provide crisis intervention and psychological support during high-stress situations, such as injury recovery and critical matches.
- Educate athletes on the importance of mental health and provide tools for maintaining psychological resilience.
- Stay current with research in sports psychology and apply evidence-based practices.
- Monitor athletes' mental health and provide appropriate referrals to specialized mental health services if necessary.
- Maintain accurate and confidential records of psychological assessments and interventions.
- Conduct workshops and seminars for athletes, coaches, and staff on various mental health topics.
- Support the development of a positive team culture and enhance communication within the team.
- Provide coverage for games and practices, ensuring athletes have access to psychological support during training and competition.

## QUALIFICATIONS:

Candidates can meet the requirements with a combination of experience in the following areas:

- Master's degree in Psychology or related field.
- Strong assessment, interviewing and counseling skills.
- 3+ years' experience in elite sports.
- Extensive knowledge of psychological principals as they relate to athletic performance.
- Excellent verbal and written communication skills
- Ability to process and handle confidential information with discretion.
- Experience of data management systems to ensure the secure and efficient collection, storage and front-end utilization.
- Strong organizational and time management skills
- Bi-lingual (Spanish/English) or multi-lingual skills is a plus.

## ABOUT SAN DIEGO FC:

*Our **VISION** is to be the epicenter of football excellence and innovation in North America. Our **MISSION** is to create opportunities for talent to flourish and San Diego to shine.*

We value community, diversity, and acting with purpose. We are looking for leaders at all levels to co-create the culture of a new organization that is built on the premise that you can discover, understand, and re-define excellence by nurturing talent and creating opportunity anywhere – specifically though soccer.

Globally, Right to Dream partners with talented young people to give them a nurturing environment to flourish and thrive. We do this through a holistic model of athletic development, where young people grow as human beings and great footballers. RTD's promise is set out in their [Manifesto](#): a set of 8 commitments which will be central to the San Diego FC ethos from the front office to the field, when games start at Snapdragon Stadium in 2025.

This is an opportunity to be a part of a great team building something meaningful for San Diego. We offer excellent benefits including health coverages with generous company contributions, over 30 days of paid time off, and a 4% company match on your 401(k). Soccer is humanity and together, we can make a meaningful impact both on and off the field, fostering a culture that embraces excellence and equal opportunities. SDFC is an Equal Opportunity Employer.

Apply at [JointheTeam@SanDiegoFC.com](mailto:JointheTeam@SanDiegoFC.com) – Reference Head of Sports Psychology