

Benjamin Jerome

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Football Analytics & Performance Researcher

Physical | Technical | Tactical

Innovative, reliable and highly-motivated individual with a strong academic background and applied experience working in elite professional football. Highly passionate about bridging the gap between cutting-edge scientific research and applied practise. Expertise in football analytics, sports science and research & innovation.

Education

PhD in Football Analytics | Loughborough University *Jan 2020 – Jan 2024*

- **Thesis title:** Development and Importance of Contextualised Physical Metrics during Match Play in Elite Football
- Presentation of PhD research to industry experts and practitioners working in elite sport at the Stats Perform Pro Forum (2022) and the World Congress on Science and Football (2023)
- Two published peer-reviewed scientific papers in *European Journal of Sports Science* and *Scandinavian Journal of Medicine and Science in Sport*

MSc Sports and Exercise Science | University of Essex *Oct 2018 – Aug 2019*

- **Research Project:** Small-Sided Games in Elite Football: Effect of Different Sided-Game Formats and Playing Positions on Physical Demands

BSc (Hons) Sports and Exercise Science | University of Hertfordshire *Sep 2014 – May 2018*
(First-Class Honours)

- **Relevant Modules:** Applied Independent Research Project, Advanced Exercise Fitness Testing & Training, Sport and Performance Nutrition and Adaptive and Performance Physiology

Professional Experience

Loughborough University & Stats Perform | *Researcher in Football Analytics*

Jan 2020 – Jan 2024

- Utilised Stats Perform's on-ball event and tracking data to produce data-driven insights into elite football performance
- Conducted robust analyses which integrated physical, technical and tactical data during match-play, and followed a structured process (data validation, data exploration, data transformation, data visualisation) using large complex data sets (> 1,000 tracking files)
- Communicated results and key findings with academic staff, industry professionals and key stakeholders (technical and non-technical)
- Led independent research projects, which includes the development of a set of bespoke contextualised physical metrics which considered the phase of play during a match, in order to provide a more holistic understanding of the physical demands during elite football match play and how they may be related to performance

Ipswich Town Football Club | *First Team Sports Science & Data Analysis* *Dec 2018 – Jan 2020*

- Responsible for the daily set-up and collection of GPS (STATSports Apex) and Heart Rate (Polar) data for all first team training sessions and matches, post-session data procedures (data processing, cleaning, analysis and visualisation), and maintenance of databases
- Produce daily, weekly and monthly physical loading reports of all first team players and provide feedback to coaches and players around team performance and areas of development
- Work collaboratively with experts in physiotherapy, sports science, strength & conditioning, and physiology as part of a high performance multi-disciplinary team to produce short, medium and long term reviews around team and individual player development
- Oversee, manage and mentor a team of three student interns, organising both individual and group learning tasks, while still ensuring the club's day-to-day operations (sports science/data analysis) were achieved

Colchester United Football Club | *First Team Sports Science* *Jul 2018 – Nov 2018*

- Oversee the daily collection of GPS (Catapult) data during all training sessions and matches, and upload all data into Catapult Software to produce post-session reports for all first team players
- Produce weekly and monthly player loading reports to ensure player development plans were up-to-date and frequently review player physical development plans with the Head of Sports Science
- Assist with all first team squad athletic development sessions, gym based prehab and rehab sessions, match day assistance and ensuring pitch based training sessions run smoothly

Watford Football Club | *First Team Strength & Conditioning* *Jul 2016 – May 2017*

- Design and implement a variety of physical development sessions, including group/individual gym based and pitch based conditioning sessions, pre-activation and post-training sessions for all first team players, as well as assist with U23 and U18 age groups
- Assist the Head of Strength and Conditioning during player rehabilitation sessions, obtaining a comprehensive understanding of the entire recovery process, and work in collaboration with the medical team (physiotherapists and sports therapists) to provide a holistic approach to training and injury prevention
- Supporting the collection and analysis of player physical testing (anti-gravity treadmill, force plates and isokinetic dynamometer) and tailoring individual player development plans in line with testing results to improve physical performance.
- Assist in the set-up and delivery of match day sports science provisions

Skills & Interests

- SQL and Python programming language, including experience with data exploration, data manipulation and data visualisation (Pandas, Numpy, Matplotlib and Scikit-learn)
- Basic skills using tableau to create visualisations and interactive dashboards
- Demonstrated commitment to continuous learning with a track record of embracing feedback, adapting to new challenges, and leveraging a growth mindset to enhance personal development
- Interests: Fitness, football and sports conferences
- Driving license: Full UK driving license with no endorsements