



Background

Following their first season back in National 2 North, Harrogate RUFC are looking to appoint a strength and conditioning coach / player coach to join the senior men's coaching team. Harrogate RUFC are celebrating their 150th year and proudly run a successful mini-juniors section, academy, ladies and 2 men's teams. This role is part time, consisting of training on Tuesday and Thursdays with games played on Saturday

Job Role

With a key focus on the physical development of senior men's players, to assist the Director of men's rugby and head coach in the planning, preparation and delivery of the strength and conditioning within the senior men's program.

Key Responsibilities

- To lead in the planning and delivery of the senior strength and conditioning program, including but not limited to, on and off field conditioning (field based and gym based), warm up, pre-hab, re-hab and reconditioning, player tracking and standardised testing.
- To lead on areas of the field as agreed with the director of men's rugby and head coach.
- To provide regular updates to the senior men's coaching team on the physical development of players within the squad including risk of injury and key AOIs
- To work closely with the medical team to support injured players back to full fitness
- To, at agreed times, support the academy with their strength and conditioning, both on a team and individual basis.
- To design and implement a season long plan of strength and conditioning, building programs for individuals in the squad to meet desired targets.
- To proactively work on an individual, small group and team basis with players to set targets for them to improve all aspects of physical conditioning
- To support in fostering a positive culture amongst the club aligning to the club values

Key Qualities

- Excellent organisational and time management skills
- Motivator of people and excellent interpersonal skills
- Strong knowledge of current strength and conditioning practises – experience within rugby would be beneficial
- To be constantly looking to improve own coaching practice. To be proactive, engaging and detailed within their work

Essential Criteria

- To be available Tuesday/Thursday to attend training (one night only may be appropriate), as well as attend game days on Saturdays through pre season and in season (August-April)
- Strong knowledge of strength and conditioning within rugby, the required attributes, training loads and programs.
- Proven experience within delivering strength and conditioning within a team sport setting (or related experience)

Appropriate interested candidates should please apply with a CV and short covering letter explaining your suitability for the role to woodmartyn@hotmail.com by noon on Friday 1st July. For further advice or more information on the role, please contact Martyn Wood by email to arrange an informal conversation.