

Aberdeenshire Quines RFC

Women's Rugby Assistant Coach(s) Needed



We are a Women's Rugby team, based in Aberdeen City and are looking to appoint an **Assistant Coach(s)** for our upcoming season.

We are a **friendly** and **enthusiastic** squad with **mixed abilities**. This past season we ended our **league** run in a respectable position and in the **Women's National Bowl**, we reached the **Quarter Finals** before the **lockdown** came into place. We are eager to continue our success into the next season.

For players, ex-players or Youth Coaches either looking to commence a coaching career or step up to Women's senior rugby environment, this is the opportunity for you!

As we have a high intake of **new/less-experienced players**, we will require an **Assistant Coach** that can assist the **Head Coach** in implementing training plans for a wide range of skills and abilities.

During **lockdown**, our players have been participating in monthly "**Endomondo**" **Challenges** inclusive of **walking, running, cycling** and **circuit training**. Additionally, we completed a successful **fundraiser** for **Aberdeen Cyrenians**, 'travelling' **3,598km** over the course of June. More recently, in adherence to SRU Guidelines, players have been forming **small groups for fitness sessions** and to **practice basic rugby skills**.

Training sessions are scheduled for **Tuesday** and **Thursday** evenings at **7pm** and last for approximately **1.5 hours**. Our matches are usually played on **Saturday** or **Sunday afternoons**.

The preferred **qualities/skills** for this role include:

- **UKCC Level 2** or working towards that level is desirable, but not initially necessary - the club can cover the costs of courses for serious applicants
- **Assist the Head Coach** in planning and delivering training sessions
- **Knowledge** and **experience** of rugby
- Demonstrate ability to **lead** and **motivate** players
- **Communicate effectively** both with the **Head Coach** and the **AQRFC Committee**
- Have a **positive coaching style** - focus on the enjoyment of rugby, while remaining competitive

This is a **voluntary role**; however **appropriate expenses** may be covered.

The **Assistant Coach** will be supported by the **Head Coach** and **AQRFC Committee** which at this time consists of **playing members**.

For more information or to apply for this role, please contact **AQRFC President & Secretary, Anna Milligan**, via email a.milligan2607@gmail.com or mobile **07944268502**.