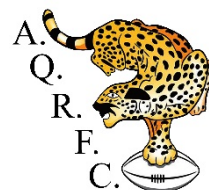


# Aberdeenshire Quines RFC

## Women's Rugby Head Coach Needed



We are a Women's Rugby team, based in Aberdeen City and are looking to appoint a **Head Coach** 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.

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

Depending on when we are able to return to **normal training**, we may require training plans that can be distributed to players to do on their own time and/or in small groups.

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 - the club can cover the costs of courses for serious applicants
- **Plan** and **deliver** training sessions
- Assist in the **recruitment** and **retention** of new players
- Prepare the **Match Day Squad** for each game - being able to travel with the squad for away games is highly valued (appropriate expenses will be covered)
- Provide **effective performance feedback** for players
- Have a **positive coaching style** - focus on the enjoyment of rugby, while remaining competitive

This is a **voluntary role**; however **appropriate expenses** will be covered. These may include travel to and from Woodside, travel for away games, etc.

The **Head Coach** will be supported by the **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](mailto:a.milligan2607@gmail.com) or mobile **07944268502**.