

Job Description	
Job Title	Strength & conditioning coach with rugby.
Relationships	<ul style="list-style-type: none"> • Reporting to: Headmaster & Director of Rugby • Working with: Rugby Development Officer, Head of PE, coaches & players.
Key Tasks	<ul style="list-style-type: none"> • Contribute to an energetic environment within our rugby program. • Develop meaningful relationships with our players. • Deliver high quality physical development sessions that promote speed, agility, power, strength & robustness. • When required, be able to deliver technical / tactical rugby sessions. • Work with DOR to manage return to play program. • Monitor player wellbeing and liaise with relevant staff to provide player support. • Undertake testing and design a periodised plan for players. • In conjunction with DOR & Ulster Rugby staff, support identified high potential players. • Undertake regular CPD.
Experience	<ul style="list-style-type: none"> • Experience of working within a team sports environment • Experience in coaching or playing rugby to a high level. • Experience in coaching strength & conditioning to age grade players.
Skills & Qualifications	<ul style="list-style-type: none"> • Appropriate undergraduate degree would be desirable. • Appropriate level of strength & conditioning certification. • Full UK/EU driving licence.
Competencies	<ul style="list-style-type: none"> • Be energetic and have a passion for working with young players. • Be professional, self-motivated and have an ability to critically review our work.