

PERTHSHIRE RUGBY

Head of Strength and Conditioning

Position	Strength & Conditioning	**Created**	15/5/2024	**Revision**	A
Email	TBC	**Area**	Development Team	**Reference**	PCRT SA 004

Overview

Perthshire Rugby prioritises the safety and well-being of all playing members across every age group. As the Strength and Conditioning Lead Coach, you will play a pivotal role in spearheading safe and progressive training practices within our club. Creating a secure and enriching environment for all players is paramount to our ethos.

Collaborating closely with players, Head Coaches of respective age groups, and the Director of Rugby, you will be entrusted with crafting a top-tier Strength and Conditioning programme. This programme will not only elevate our club's performance but also ensure that Perthshire Rugby remains at the forefront of athletic development.

Your expertise and leadership will guide us in fostering a culture of excellence and sustainability, setting new standards for strength and conditioning training in our community. Together, we will uphold our commitment to safety, innovation, and continual improvement, empowering our members to thrive both on and off the field.

Key Requirements

The Person

- Must possess strong communication skills.
- A degree in S&C, Sports Science; UKSCA Accreditation or World Rugby qualification is preferred for this role

Key Roles

Strength and Conditioning Strategy

- Lead and prepare all physical preparation and performance strategies for all teams within Perthshire Rugby.
- Collect, interpret, and share workload data as appropriate with players, coaches, and managers.
- Complete regular player profiling in-line with SRU and industry approved protocols to inform programme design for physical development and subsequently share with relevant parties.
- Undertake appropriate professional development to keep abreast of current best practice and evidence-based research.
- Foster strong partnerships with external organisations such as PKC Sports Development, Local Schools, SRU, Glasgow Warriors.
- Work collaboratively with the relevant Perthshire Rugby physiotherapist team to deliver high quality injury prevention and rehabilitation programmes as required.
- Support all Perthshire Rugby coaches by way of on field CPD in aspects of Strength and Conditioning, creating a system of learning for the coaching work force.
- Support, and where needed, lead parts of nutritional information sessions for players.
- Lead physical preparation on matchdays home and away, as required. (TBC)

People Management

- Model and advocate the Perthshire Rugby values.
- Supervise and line manage all contracted S&C coaches.
- Motivate and engage team members by setting and maintain clear standards and expectations.
- Help to foster an environment of player empowerment and accountability for their physical preparation

Estimated Time Required	Ongoing



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Agreement			
I agree to undertake all points as noted above for the benefit of Perthshire Rugby Football Club. I note that this list is not exhaustive and additional roles may be allocated or removed as required.			
Name		**Signature**	