

Academy Strength & Conditioning Coach

Dragons Rugby



JOB DESCRIPTION	
Job Title	Academy S&C Coach
Salary	£25,000 per annum
Location	CSE, Ystrad Mynach and Rodney Parade, Newport
Hours of work	40 per week, variable with unsociable hours
Responsible to	Head of Academy and Head of Strength & Conditioning
Contractual Status	Fixed term, 3 years with 6 months probation
Role Summary	To drive the development Dragons Academy players aged 16 to 18 ensuring there is a succession plan of players to
Key Relationships	<ul style="list-style-type: none"> • Director of Rugby • Rugby General Manager • All other members of the Dragons rugby department • Academy and Senior Rugby coaches • WRU Performance Pathway members • Rugby Coordinator • Dragons Medical department
Key Responsibilities, Tasks and Activities	<ul style="list-style-type: none"> • Contribute to creating a positive environment that optimises performance • Promote the Dragons with all external agencies by developing effective relationships though emphasising consistent, positive messages • In conjunction with the Head of S&C, deliver a high quality S&C service for identified Dragons players across the conditioning sub-disciplines (strength and power; metabolic conditioning etc) for specified Development Academy players • Lead the physical development of Development Academy players across the periodised year • Ensure the delivery of the physical component of a players individual performance plan for specified Development Academy players • Work with the Head of S&C and Transition Academy S&C Coach to design and implement appropriate training solutions that ensure players achieve their specific fitness targets • Monitor preparedness, and implement strategies to enhance preparation for and recovery from training and performance for specified Development Academy players • Deliver high quality S&C programmes to the Dragons U18s players and associated delivery partners. • Collaborate within the multi-disciplinary team to drive sustainable playing squad performance across the season.

JOB DESCRIPTION	
	<ul style="list-style-type: none"> • Work closely with the medical department as part of an inter-disciplinary team to ensure the player returns to sport in a timely and well prepared manner • Assist with the mentoring of S&C interns and assist with their research aims and objectives • Identify specific research topics that will have a positive impact on performance and drive such innovation • Identify and undertake appropriate CPD to ensure continuous improvement in performance performance
Continued Professional Development	The Dragons are committed to providing CPD for the successful candidate. We expect the successful candidate to undertake available training courses and research to enhance personal knowledge, skills and experience.

PERSON SPECIFICATION	
Experience	<ul style="list-style-type: none"> • Experience within a high-performance sports environment • Track record of performance analysis in a team environment • A degree in Strength & Conditioning or equivalent is essential • A background in rugby union is desirable though not essential • Experience of working within a sports team environment • Knowledge of inter-disciplinary working practices
Skills & Qualifications	<ul style="list-style-type: none"> • Appropriate undergraduate degree in Strength and Conditioning (Essential) • Masters or higher level degree in appropriate subject area (desirable) • Full UK driving license • Proficient use of all Microsoft desktop publishing software
Key Competencies	<ul style="list-style-type: none"> • Professionalism and Confidentiality • Team working and personal impact • Self-motivated • Personable and sociable • Emotional intelligence
Other	<ul style="list-style-type: none"> • An understanding of individual responsibility in complying with the Health and Safety policies and arrangements

Acknowledgement		
Employee Signature:	Name:	Date:
Line Manager Signature:	Name:	Date: