



Job Title: Head of Athletic Performance

Reports to: General Manager

Hours: 40 hours each week

Location: Oval Park Training Ground, Oadby

Closing Date: 17 May 2024, 5PM

Main tasks & Responsibilities:

- Manage and lead the Athletic Performance department in the design, implementation and on-going evaluation of the Leicester Tigers Athletic Performance Programme.
- Coordinate and manage the daily, weekly and long-term training schedule for the playing group in conjunction with the Head Coach.
- Ensure alignment between the Pathway, Academy, and Senior Development programmes.
- Responsible for delivering an integrated athletic performance plan and the monitoring and management thereof to the players.
- Lead and coordinate a team of Athletic Performance Coaches and Sport Scientist to ensure all players receive individual development programmes, monitoring and reporting on preseason / in-season preparation.
- Ensuring alignment between Pathway and Academy development programmes, Academy and Senior Development programmes
- Meeting agreed KPI's for professional player development.
- Work closely with and manage the Medical Lead and Performance Nutritionist in implementing an integrated high performance programme.
- Assisting in the delivery of Coach and Player education programmes.
- To be aware of and to attain the performance measures set for the position.
- To lead and facilitate the development of all direct reports.
- Establish and achieve set KPI's in conjunction with the Head Coach.
- Carry out any other tasks within the post-holders abilities.

Education / Training: (E=Essential D=Desirable)

- Degree or equivalent in Physical Education or Exercise and Sports Science **(E)**
- Post-Graduate degree (MSc or PhD) in physical education or exercise and sports science **(D)**
- Significant experience in an athletic performance (Strength & Conditioning) position within an elite/professional Rugby environment (Rugby is preferable). **(E)**
- High level of knowledge around the physical, psychological, technical (position specific), and tactical (style of play) demands associated with Rugby **(D)**
- High level of knowledge around the profiling and screening of athletic qualities **(E)**
- Excellent coaching and programming skills around injury risk reduction (relative to the demands of Rugby), and end-stage return to perform/play criteria (relative to injury type). **(D)**
- Excellent coaching and programming skills around the development of plyometric ability, linear speed (sprinting), multidirectional speed (COD/Reactive Agility), and Rugby specific movement skill integration; **(D)**



- Excellent coaching and programming skills around the development of Rugby specific conditioning, specifically as it relates to the functional integration of conditioning within the context of practice; **(D)**
- Excellent coaching and programming skills around the development of general and specific strength and power **(D)**
- Excellent coaching and programming skills around the development of recovery and regeneration plans;**(D)**
- Excellent ability to work within an interdisciplinary team and share responsibility for player development and programme management; **(D)**
- Excellent people management and leadership skills; **(E)**
- Excellent communication and conflict resolution skills; **(D)**
- Sports science experience around the collection and management of GPS data; **(D)**
- Sports science experience around player monitoring and workload management; **(D)**
- Recognised certification in S&C related competence (e.g., NSCA, UKSCA, ASCA, etc.); **(D)**
- Excellent computer literacy skills **(D)**

How to Apply:

Please download an Application Form from our website and send this completed to jointheteam@tigers.co.uk by **17:00, Friday 17 May 2024.**

