



Job Title: Senior Strength and Conditioning Coach, Leicester Tigers Rugby Club

Hours: 40 each week. Start date - July 2024

Location: Leicester, UK

Responsible to: Head of Performance

Salary: Dependant on experience

Closing date: Friday 5 April 2024

Job Purpose/Key Responsibilities:

Service Delivery

- In conjunction with the MDT, deliver assessment based interventions to equip players with physical capabilities to optimise their performance.
- Manage the strength programming for a set senior player list.
- In conjunction with the Medical Team and Rehab Lead, manage the return to performance for a set player list.
- Collaborate closely with Coaches, S&C, and Medical Staff to establish a comprehensive approach to athlete development, overall well-being, and optimal performance.
- Assist with the delivery of speed and rugby specific conditioning sessions with the senior squad.
- Working in conjunction with the Head of Performance and Lead Performance Nutritionist to assist with the implementation of performance-oriented body composition targets for a set player list, both during the season and throughout rehabilitation periods.
- Assist and facilitate on field rugby sessions in conjunction with the coaching team.
- Manage and promote the upkeep of the gym equipment and facility.

Leadership and Management

- Influence the environment and promote a culture at Leicester Tigers that promotes strength and conditioning as an integral component of high performance.
- Lead and mentor participants in the internship program, maintaining regular meetings to build relationships and support ongoing professional development.

Communication

- Meet regularly with the MDT with regard to planning, implementation and reviewing of training.
- Create working relationships with rugby coaching staff and review player individual development plans.

Documentation and Reporting

- Maintain records of all physical testing and training.
- Provide or present reports on physical development.

Continuing Professional Development (CPD), Education and Audit

- Engage in continuing professional development (CPD) relevant to performance development.



Applicants must, at the closing date for applications, be able to display and provide evidence of the following qualifications/training, experience, specialist knowledge, skills/abilities and behaviours outlined below:

Essential Criteria:	
Qualifications and Training	<ul style="list-style-type: none"> Degree (or equivalent) in Strength and Conditioning, Sports Science, or related subject UKSCA or equivalent accreditation
Knowledge	<ul style="list-style-type: none"> Detailed understanding of the strength and conditioning needs relevant to high performance sport. Thorough understanding of the various sports science and sports medicine disciplines. An understanding of rehabilitation, recovery, regeneration, and robustness practices
Experience	<ul style="list-style-type: none"> Significant post graduate experience in the provision of strength and conditioning support to athletes and coaches in an elite rugby or other collision sport environment. Demonstrable experience in all areas of planning, implementation, modification, and monitoring of specific Strength and Conditioning programmes to support high performance. Experience of analysing the demands of a sport in relation to their physical needs to develop, implement, and evaluate physical performance strategies. A verifiable record of working within a multidisciplinary team in the delivery of physical performance support in elite sport.
Personal Qualities	<ul style="list-style-type: none"> Excellent communication & presentation skills. Able to build rapport and motivate behavioural change. Good IT (including dietary analysis), organisational and problem-solving skills.
Additional Requirements	<ul style="list-style-type: none"> Adaptable and flexible in working arrangements to support the needs of the organisation. Available to work irregular and unsocial hours as required involving work outside normal office hours, at evenings, weekends, and Bank Holidays. Full driving licence and access to a form of transport that will permit the jobholder to meet the requirements of the post in full.
Desirable Criteria:	
Experience & Professional Membership	<ul style="list-style-type: none"> Experience of working with elite rugby players in a similar role. Experience in academic and/or applied research in the field of physical performance. Strong leadership and people management skills to promote and nurture a culture of performance excellence. Budgetary management experience and appreciation of a cost- effective service delivery

How to apply:

Please download an **application form** from our website and send this completed to jointheteam@tigers.co.uk by **5PM, Friday 5 April 2024.**

