



## JOB DESCRIPTION

<b>Position Title</b>	<b>Assistant Strength and Conditioning Coach</b>
<b>Reports to</b>	<b>Head Strength and Conditioning Coach, Player Development Manager, Cyclones Head Coach, Turbos Head Coach</b>
<b>Position Type</b>	<b>Permanent</b>
<b>Location</b>	<b>Manawatu Rugby Union, Palmerston North</b>
<b>Date</b>	<b>January 2021</b>

### *Manawatu Rugby Union Overview*

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The vision for the Manawatu Rugby Union is to 'Innovate, Inspire and Unite' in the game of rugby.

The MRU's purpose is to lead, grow and support rugby in Manawatu.

To achieve this purpose, the Union has seven key goals which covers representative teams achieving; the region's players, coaches and referees being recognised with selection to higher hours; high participation rates and sufficient number of referees, coaches and administrators; greater fan engagement and delivering successful events and competition to the Union being financially sound.

### *Purpose*

The purpose of this position is to support the Head Strength and Conditioning coach in developing and implementing the physical and nutritional management and development of players who are part of Manawatu Rugby high performance teams and academies, so that they can reach their full potential as rugby players.

Whilst the main focus of this role is on the high-performance teams, the assistant strength and conditioning coach will also be required to provide support in S&C to amateur rep teams

and community rugby where needed, as well as to provide support for Manawatu Rugby Union operations and be an active member of the High-Performance Rugby Team.

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### **Key Tasks**

#### **Strength and Conditioning support for the Manawatu Turbos and Manawatu Men's Academy and Women's High Performance Programme**

- Assist planning of a periodized & integrated strength and conditioning plan of all professional and high performance players, and lead delivery of physical performance training for all Cyclones & MRU Academy players under direction of the Head Strength and Conditioning coach, Cyclones Head Coach and Player Development Manager.
- Assist in the S&C planning and attend all pre-season training camps for MRU Academy and Cyclones as directed by the Head S&C Coach
- Assist in the fitness testing of identified players for the MRU at critical points throughout the season
- Responsible for managing the return to play of players in the MRU Academy and Cyclones in liaison with the MRU Medical Staff and under direction of the Head S&C Coach
- Attend all necessary MRU Cyclones training sessions and Cyclones matches, both home and away, providing strength and conditioning support as required
- Attend all necessary MRU U19 training sessions and U19 matches, both home and away, providing strength and conditioning support as required
- Support the Head Strength and Conditioning coach in keeping a detailed record of strength and conditioning data on all contracted players using a system designated by either the MRU or NZR and make that data available to the Turbos Coach, Cyclones Coach and Academy Manager when needed

#### **Other work:**

- Provide strength and conditioning guidance and support for the Manawatu U16 & U18 representative program as required
- Discuss the needs of these teams with the Head Strength and Conditioning Coach and Academy Manager in determining additional support required
- Provide advice and guidance on athletic development and performance to pathway coaches and players
- Support the Manawatu representative program with basic nutritional information as needed
- Support the Head Strength & Conditioning coach in their role as the designated Supplement Manager (DSM) for the Manawatu Rugby Union.
- Provide guidance and support to the Strength and Conditioning intern(s) ensuring that all Turbos, Cyclones and Academy programs are aligned
- Any other assistance deemed necessary by the Head S&C Coach

### **Health & Safety (for self)**

- Takes personal responsibility for keeping self-free from harm
- Follows safe working procedures
- Reports incidents promptly
- Reports hazards promptly and suggests appropriate remedies
- Knows what to do in the event of an emergency
- Co-operates in implementing rehabilitation plan

### ***Key Relationships***

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<ul style="list-style-type: none"><li>• This position reports to:</li></ul>	<ul style="list-style-type: none"><li>• Head Strength and Conditioning Coach, Player Development Manager, Cyclones Head Coach, Turbos Head Coach</li></ul>
<b>External Relationships</b> <ul style="list-style-type: none"><li>• Manawatu Senior Clubs</li><li>• Secondary Schools</li><li>• New Zealand Rugby</li><li>• Manawatu U16 and U19 representative teams</li></ul>	<b>Internal Relationships</b> <ul style="list-style-type: none"><li>• CEO</li><li>• Other MRU staff</li></ul>

### ***Person Specification***

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#### ***Key Qualities Essential***

- Recognised bachelor's degree in physical education, sports science and exercise or similar
- A minimum of 1-2 years' experience in a strength and conditioning position within team sport (candidates with rugby experience preferred but not essential)
- Good level of knowledge around the physical demands associated with Rugby, including tactical and positional requirements
- Sound coaching and programming skills around
  - Strength Training Exercise selection & technical coaching
  - Load prescription and management
  - Speed Development & Coaching
  - Conditioning for Team Sports
- Sound knowledge of the fundamentals of nutrition and its integration into a High-Performance program
- Excellent ability to work within a multi-disciplinary team and share responsibility for player development and program management

- Excellent people management and leadership skills
- Excellent communication and conflict resolution skills
- Basic technical skills in the use of S&C specific tools and equipment (GymAware, Teambuildr, GPS Monitoring)

### ***Key Qualities Desirable***

- Experience working with female and youth athletes, particularly as it relates to long term athletic development
- Sports science experience around player monitoring and workload management
- Recognised First Aid and CPR certification
- Excellent computer literacy skills

### ***Competencies and Attributes***

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- A structured, organised and proactive “can do” approach
- Positive and enthusiastic
- Strong problem-solving skills
- A willingness to receive feedback seek improvement at every opportunity
- Able to build successful working relationships at all levels of an organisation
- Able to work to and meet deadlines and able to reprioritise as necessary
- A willingness to take ownership and be held accountable