



RUGBY CANADA JOB DESCRIPTION

Title: Lead Coach, Performance, Strength & Conditioning (Eastern Canada)

Type of Position: *Full Time Employee*

Location: Toronto, Ontario, Canada

Department: High Performance

Reporting to: Director, Men's Rugby Performance

Rugby Canada is the national sport organization for rugby union committed to delivering life-long, inclusive rugby experiences that cultivate participation and inspire excellence from community to club to country. Our organizational values include integrity, passion, solidarity, discipline, and respect.

POSITION DESCRIPTION

Based in Toronto or select remote locations, the **Lead Coach, Performance & Strength & Conditioning (Eastern Canada)** is responsible for leading the day-to-day strength programming for athletes selected by Rugby Canada. The successful candidate will work with regional coaching, medical and analytical staff to monitor players and provide feedback for selection purposes to senior head coaching staff.

Working in close collaboration with selected players participating in Major League Rugby will be a crucial part of the role as Rugby Canada looks to enhance its men's rugby presence on the world stage.

RESPONSIBILITIES

- Produce well-conditioned athletes for the demands of high performance and professional rugby
- Plan, design and deliver appropriate training sessions for all targeted players both in a centralized and decentralized environment
- Support national and regional coaching staff through use of data tracking (GPS / Wellness Technology), and other best practice sports science
- Support players with nutrition, recovery and self-management programs as needed
- Liaise with analysts to provide effective & timely feedback to players on performance and recovery
- Monitor, track and identify RC qualified players world-wide, and support with quality strength and conditioning programs
- From time to time (as directed by the Director, Men's Rugby) assist / support Rugby Canada national team senior and age grade programs
- Support national team head coaches with player performance reviews

REQUIRED SKILLS & QUALIFICATIONS

RUGBY CANADA

Toronto Office / Bureau de Toronto
30 Rue East Beaver Creek Road, Suite 110
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- Recognized degree in physical education, human movement or exercise and sports science
- A minimum of five years of experience in high-performance sport
- Experience working in performance rugby would be preferable
- High level of knowledge of profiling and screening of athletic qualities
- Injury prevention skills (relative to the demands of High-Performance Sport) and return to play/perform criteria (relative to different injury types)
- Programming skills around the development of plyometric ability, linear speed (sprinting), multidirectional speed (COD/Reactive Agility), and Rugby specific movement skill integration
- Sports science experience especially the collection and management of GPS data
- Sports science experience especially player monitoring and workload management
- Recognized certification in Strength & Conditioning related competence (e.g., NSCA, UKSCA, ASCA, etc.).
- Recognized First Aid and CPR certification (desirable)
- Excellent computer literacy skills
- The successful candidate must be able to provide a clear Vulnerable Sector Search

PERSONAL ATTRIBUTE QUALIFICATIONS

- *Results-oriented, able to set priorities and deliver consistently to a high professional standard*
- *Exceptional relationship management skills and proven leadership capabilities*
- *A collaborative team member who can establish strong working relationships with external stakeholders and with colleagues within the organization*
- *Excellent decision making/problem solving skills*
- *Strong organizational skills, time management and attention to detail*
- *Exceptional verbal and written communications and presentation skills*
- *Ability to learn quickly and adapt new skills*
- *Ability to thrive in a fast-paced and ever-changing work environment*
- *Desire to be part of a team*
- *Enthusiasm and passion for growing the sport of rugby*
- *Willing to be flexible regarding work schedules and work long hours to ensure success of all programs*

Interested candidates are invited to submit a resumé and cover letter to jobs@rugby.ca. Only those candidates selected for an interview will be contacted.

The deadline for applications to be received is 11:00pm PT on Sunday, October 17th, 2022.

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