



**Title:** Strength and Conditioning Coach, Men's Academy (Pacific Pride)  
**Type:** Full-Time  
**Location:** Al Charron National Training Centre - Langford, British Columbia

### CORE RESPONSIBILITIES AND PRIORITIES

The Strength and Conditioning Coach will be responsible for leading strength and conditioning sessions with the men's academy (Pacific Pride).

### Key Activities

- Work with the coaching staff to develop and implement yearly training plans for the team and individual athletes.
- Lead and coach speed, strength, and conditioning sessions with academy athletes.
- Design training programs to prepare athletes to transition into professional and senior international rugby.
- Attend practices and games and contribute where needed to by the coaches.
- Work with therapy and medical staff to design and implement return to play protocols for injured players.
- Record sport science data including GPS and testing results in the Athlete Management System (The Sports Office) and communicate it to staff.

### Minimal Qualifications and Skills

- Bachelor's degree in kinesiology or sport science.
- CSCS accreditation from the NSCA or international equivalent (UKSCA, ASCA).
- Experience with contact team sports.
- Experience designing and coaching strength and power programs.
- Experience coaching speed training.
- Legally entitled to work in Canada.

### Assessment

The S&C Coach will primarily be assessed by athlete progress against international player profiles using standardized team testing protocols.

### STRUCTURE

Direct Report: Academy Head Coach

Works closely with internal staff including Therapists, Athletes, Head Coaches, Assistant Coaches and other national team S&C coaches and National Team Managers.

#### RUGBY CANADA

Toronto Office / Bureau de Toronto  
30 Rue East Beaver Creek Road, Suite 110  
Richmond Hill, ON CANADA L4B 1J2  
Tel / Tél : 905 707 8998  
Fax / Téléc : 905 707 9707

rugbycanada.ca  
info@rugbycanada.ca

Victoria Office / Bureau de Victoria  
3024 Rue Glen Lake Road  
Langford, BC CANADA V9B 4B4  
Tel / Tél : 250 418 8998  
Fax / Téléc : 250 386 3810

Canada





Please submit applications and any questions to:

[SCapplication@rugby.ca](mailto:SCapplication@rugby.ca)

Applications must be received by June 14<sup>th</sup>, 2022 at 5pm PST.

**RUGBY CANADA**

Toronto Office / Bureau de Toronto  
30 Rue East Beaver Creek Road, Suite 110  
Richmond Hill, ON CANADA L4B 1J2  
Tel / Tél : 905 707 8998  
Fax / Téléc : 905 707 9707

[rugbycanada.ca](http://rugbycanada.ca)  
[info@rugbycanada.ca](mailto:info@rugbycanada.ca)

Victoria Office / Bureau de Victoria  
3024 Rue Glen Lake Road  
Langford, BC CANADA V9B 4B4  
Tel / Tél : 250 418 8998  
Fax / Téléc : 250 386 3810

