



RUGBY CANADA EMPLOYMENT OPPORTUNITY

Title: Strength and Conditioning Coach

Type of Position: Full Time/Salary

Location: Al Charron National Training Centre – Langford, BC

Reporting to: Head Coach, National Senior Women's 7s program; Director of Athletic Performance

Rugby Canada is the national sport organization committed to the domestic development and international success of rugby for Canada.

POSITION DESCRIPTION

The Strength and Conditioning Coach will be responsible for leading strength and conditioning sessions with the Canadian Women's Rugby 7s national team in preparation for World Series competitions and the Olympic Games.

RESPONSIBILITIES

- 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 senior and academy athletes.
- Design training programs to prepare athletes for international rugby sevens competitions.
- Attend practices and contribute where needed to by the coaches.
- Work with the team's sport scientist to monitor training loads and players' wellness and make appropriate adjustments.
- Work with therapy and medical staff to implement 'return to play' protocols for injured players.

TRAINING QUALIFICATIONS

- Enthusiastic hard worker who takes initiative.
- Organized and punctual.
- A positive and motivating leader.
- A collaborative team member.
- Ability to make decisions under time pressure.
- Excellent at conflict management and dealing with tough conversations.

RUGBY CANADA

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SKILL & KNOWLEDGE QUALIFICATIONS

- Bachelor's Degree in Kinesiology or Sport Science (graduate degree preferred).
- A strength and conditioning qualification (i.e. CSCS) through a certification body (UKSCA, NSCA, ASCA, etc.).
- Strong skill sets in coaching speed, strength training and conditioning in a team environment.
- Experience working with rugby or similar sport on a full-time basis, preferably at a professional or international level.
- Experience working with technology such as GPS and athlete monitoring software considered an asset.

DEADLINE FOR SUBMISSIONS

If interested in the above position, please forward a resume and cover letter to Meaghan Howat, Director Rugby Sevens Operations at mhowat@rugby.ca by Friday, September 7th. If you have questions pertaining to the position, please contact Matt Barr, Director of Athletic Performance at mbarr@rugby.ca.

Only candidates selected for an interview will be contacted.

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