

Scottish Rugby
National Age Grade Fitness & Conditioning Coach (Maternity Cover)
Full Time

Scottish Rugby is now seeking to appoint an experienced Fitness and Conditioning Coach to cover a period of maternity leave for one year.

As an integral member of the performance staff, the successful candidate will be responsible for managing the fitness and conditioning programme designed to assist Age Grade Players in the U16 – U19 age group achieve optimum performance.

The successful candidate will manage, develop and monitor fitness levels amongst Age Grade Players ensuring that this supports the achievement of targets contained within Scottish Rugby Performance and Strategic plans.

You will be accountable for the delivery of all areas of Strength & Conditioning, recovery strategies and monitor training loads of the age grade players. This includes carrying out fitness testing and producing individual fitness programmes based upon test results, liaising with the Sports Nutritionist to co-ordinate a nutrition programme, teaching and reinforcing all techniques that are required to carry our training plans in a safe and effective manner. In addition you will also be required to assess monitor and evaluate the progress of age group players and produce reports.

To be successful in this role, you will need to have strong motivational and communication skills, have relevant experience of coaching / working in a team sports environment and possess the ability to manage and co-ordinate programmes and personnel at a high level of Sport.

A Bachelors degree in Sports Science (or comparable level) is essential.

To apply, visit our website www.scottishrugby.org in the vacancy section under the "About Us" menu tab

The closing date for applications is 7 January 2010