



EMPLOYMENT OPPORTUNITIES

The Scottish Rugby Union is seeking Temporary hourly paid Strength & Conditioning Coaches in the following areas:

Ayrshire
Aberdeen/Grampian

Edinburgh
Glasgow

Stirling/Central

The Coaches will be expected to work with National Age Group Players (16-20) in the Areas listed above in designated Strength & Conditioning facilities.

The Coaches should be UKSCA accredited or in the process of attaining it, or have an equivalent coaching qualification and a competency in coaching **Olympic Lifting Techniques**.

The successful applicants will gain valuable experience working with developing National Age Group Players and will be expected to:

- Teach & demonstrate Olympic Weight Lifting exercises and their derivatives as well as a range of basic functional movement exercises.
- Educate and motivate players to achieve high levels of Strength and Power.
- Report to and liaise with the National Age Group Strength & Conditioning Co-ordinator and implement programmes on his/her behalf.
- Keep a register of attendance and monitor players' record keeping.

The hours of work will range between 6 and 9 hours per week and will be performed on Monday to Thursday evenings between 5.00pm and 8.00pm.

The hourly rate will range between £7.00 and £15.00 depending on experience and qualifications.

To express an interest in the opportunities available, please email your CV and cover letter stating your preferred area and reasons for applying to hr@srugby.org.uk or alternatively please send to:

Nicole Kelly, Human Resources Department, Scottish Rugby Union, Murrayfield, Edinburgh EH12 5PJ

For more information please contact either Nicole Kelly on 0131 346 5187 or Ken MacEwen, National Fitness Co-ordinator on 0131 346 5127

Closing date for applications: Friday 19 June