



Wales Rugby League – Under 16's National Pathway – Strength and Conditioning Coach

As part of the Wales Rugby League (WRL) strategic plan and working with Sport Wales 'Vision for Sport' an exciting opportunity has arisen at the WRL, the national governing body for Rugby League in Wales. We are seeking to appoint an innovative and forward thinking Strength and conditioning Coach to support our Under 16's programme for boys and girls.

As part of our strategic plan Wales will be playing a number of Internationals in August and September.

Reports to Gareth Kear CEO

Contact; gareth.kear@walesrugbyLeague.co.uk

Salary: Volunteer

Term: 12 months (Reviewed annually)

Location: Either based South Wales or North Wales

Deadline: Friday 16th April 2021

Benefits

In return for your efforts, we offer agreed expenses and benefits which include:

- Free entry to all WRL games.
- Free international tickets for all Wales home games.
- Wales Rugby League training and leisure kit.
- A chance to create a positive legacy as part of an exciting organisation.

Purpose of the Role

Delivery of comprehensive rugby league-based speed, agility, and acceleration development programmes that maximises performance and training completion whilst minimising the risk of injury. Managing a graduated rehabilitation for return to train and play after injury.

Principal Duties and Activities

- Develop, implement, and analyse rugby-league specific speed, agility, and acceleration.
- Develop, implement, and analyse development players strength and power programmes.
- Collect, and analyse data relating to strength /power performance.
- Develop and deliver elite pathways strength and conditioning practices.
- Assist in coaching of field conditioning and gym-based strength/power sessions.

Essential Experience and Specialist Knowledge

- A clear understanding of the physical metrics of Rugby League and the required training protocols.
- Demonstrated experience of speed, agility, and acceleration coaching experience within elite sport for men and women, boys and girls.
- A clear understanding of maturation for boys and girls. The ability to prepare plans of a high standard to ensure effective preparation and participation in an elite competition.
- Excellent communication skills with both players and staff.



Desirable Knowledge

- Working knowledge of Athlete Management Systems.
- A good working knowledge of IT including ability to work with common Microsoft packages.

Education and Training

- Minimum BSc (Hons) Strength and Conditioning or equivalent.
- A full, valid driving licence.
- Evidence of taking further personal development opportunities.

How to Apply

- This is a volunteer position. To apply, please send CV and covering letter to gareth.kear@walesrugbyleague.co.uk by 5pm, Friday 30th April 2021.

Successful applicants will require DBS certification from Wales Rugby League before appointment.

If you are an applicant with disability who meets the essential requirements of the job, we will interview you. The Wales Rugby League welcomes applications from all suitably qualified persons regardless of age, sex, race, disability, pregnancy, marital / civil partnership status, sexual orientation, gender reassignment or religious background.

The WRL is committed to equality through diversity and inclusion.