

Ospreys Rugby - Junior Academy Strength & Conditioning Coach

Ospreys Rugby are inviting applications for the position of Junior Academy Strength & Conditioning Coach.

The successful applicant will work within the Strength & Conditioning department of Ospreys Rugby and will report to the Head of Academy Strength & Conditioning and Academy Manager.

The successful candidate will take a lead role in programming, delivering and reporting on all aspects of the junior academy strength & conditioning program (Under 18s/Under 16s).

Qualifications required:

- Degree level qualification in Strength & Conditioning, Sport Science or a related discipline.
- Minimum of 12 months experience of working within a Strength & Conditioning department.
- Good understanding and knowledge of developing young athletes.
- Organised, efficient and self-driven in all aspects of work.
- Capable of developing effective relationships with staff and players are essential.
- High level of IT skills, with the ability to analyse and present data to coaches and performance staff.

The main roles and responsibilities are listed below:

- Lead S&C provision for the junior academy (U18s / U16s).
 - Plan, deliver and monitor the S&C programs for players in the Junior Academy squad.
- Undertake regular testing of Junior Academy players to review effectiveness of program, whilst setting future outcomes and measures of the program.
- Manage additional Under 16s S&C staff, with regular reviews of programming and player testing.
 - Monitor playing loads of junior academy players to ensure physical development goals are met across the season.

- Liaise with Academy medical staff on returning injured players to performance from the age group squads.
- Provide player development sessions on nutrition, recovery and lifestyle, which will affect their athletic development.

Hours of Work: Variable to include evenings, daytime and weekends.

Salary: Pro-rata pay basis based on hours required.

If you wish to apply for the above role please email a CV and 1 page covering letter to lyn.jones@ospreysrugby.com