
Job Description

Job Title	Girls PDG S&C Coach (x9 Areas)
Department	Performance Rugby
Reports to	Girls Player Development Group Lead
Salary Banding	Sessional role (£100 per session)
Location	9 Locations (one role per area) 1. Northumberland, Durham, Cumbria 2. Yorkshire 3. Staffordshire, Lancashire, Cheshire 4. North Midlands, Gloucestershire, Warwickshire 5. Leicestershire, NLD, East Midlands 6. Middlesex, Essex, Hertfordshire, Eastern Counties 7. Kent, Sussex, Surrey 8. Hampshire, Oxfordshire, Berkshire, Dorset & Wiltshire, Buckinghamshire 9. Cornwall, Devon, Somerset
Engagement Type	Contractor Role

Nature and scope:

The introduction of the girls Player Development Group (PDG) U18 development phase centres is an exciting time for the girls' performance pathway. We are seeking an S&C practitioner for each of our 9 centres. The role will be to provide on the ground S&C delivery aligned to a centralised framework focussing on the athletic performance fundamentals of high potential athletes.

Please note there are due to be 23 sessions with PDG Development Group, which could involve certain sessions taking place in school holidays, evenings, and weekends. Session length will vary but we would expect them to last up to 4 hours.

This role will suit someone who is passionate about the growth of women's rugby and developing players for the future.

Accountabilities:

- Deliver all activity aligned to both the England Rugby Talent Development Framework and Women's Rugby Athletic Development Framework
- Delivery of education that is aligned to the RFU PDG S&C curriculum.
- Lead on planning, delivery, and review of all PDG Development Phase strength and conditioning sessions, including both gym and pitch-based sessions.
- Support individual development programmes for all registered PDG Development Phase players, providing the player with regular feedback on progress and development objectives where linked to physical goals.
- Undertake routine fitness testing with all registered players to assess progress and inform individual development plans, as agreed under the PDG S&C curriculum.
- Reporting of testing scores and individual player development as directed by the RFU.

- Prioritise individual development, ensuring activity is appropriate to age, stage, and competency in order to optimise long term athlete development.
- Provide wider education in session times to players, their support networks and the rugby community regarding physical development and best practice.
- Deliver nutritional guidance as directed by the PDG S&C curriculum and act as a point of contact for advice and information when in session.
- Work alongside and provide feedback to the England U18 S&C coach and Physiotherapist on progress, development and RTP as required.

Person Specification

The skills and attributes outlined in this description are not exhaustive and we welcome candidates who can bring different relevant experiences to the role.

Qualifications, skills & experience:

Essential:

- Undergraduate level degree in Strength & Conditioning, Sport & Exercise Science, or a similar field.
- Experience working within a talent development programme, ideally within the women and girls' game.
- Good understanding of talent development and the age-grade girls' game within England
- Effective communication skills with a variety of stakeholders.
- Committed to driving forward inclusion in your role and day-to-day behaviours.
- Current driving license.
- Current DBS.

Desired:

- UKSCA Accreditation (or evidence of working toward)
- Strong organizational skills with a methodical approach with attention to detail

Additional Information:

- All role holders must maintain an appropriate standard of confidentiality. Any disclosures of confidential information (including personal information kept on computer or other media) made unlawfully outside the proper course of duty will be treated as a serious disciplinary offence.
- The role description, person specification, job level and job title may be subject to change at the discretion of the RFU and under business developments. Any changes will be communicated to the role holder as appropriate.
- We want you to have every opportunity to demonstrate your skills, ability and potential. If there is anything we could do to support you through your application or to provide the best environment for your interviews, including assistance or adjustment, please reach out to recruitment@rfu.com.

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- During your application, we will ask questions about your identity. This information is considered highly confidential and will not be seen by hiring managers. You can find out more about why we ask these questions [here](#).
 - If you are a trans candidate applying for a job that requires a DBS check, please reach out to recruitment@rfu.com or directly to our safeguarding team (safeguarding@rfu.com) to use the confidential sensitive application route. This will provide applicants with the choice not to have any gender or name information disclosed on their DBS certificate.
 - This role will require a DBS check.