



Role DESCRIPTION	
Role Title	Assistant Academy Strength and Conditioning Coach.
Salary	Dependent on experience.
Location	Cardiff Arms Park / Various locations of partners & programmes across Cardiff Rugby Region
Hours of work	The role holder's hours of work will be 35 hours per week and they will be expected to work additional hours to meet the requirements of the position, including where the role requires you to work on match days or events.
Responsible to	Academy Manager.
Contractual Status	2-year fixed term.
Role Summary	See job description.
Key Responsibilities, tasks and Activities	See job description.

JOB DESCRIPTION	
Job Title	Assistant Academy Strength and Conditioning Coach.
Responsible to	Academy Manager, Lead Academy Strength and Conditioning Coach.
Responsible for	Volunteer Strength and Conditioning Coaches.
Role Summary	Assist the delivery of high quality Strength and Conditioning sessions to the Cardiff Rugby Senior Academy squad and Regional age grade groups in alignment with the Academy Manager and Lead Academy Strength and Conditioning Coach instructions and strategy. Lead the design and delivery of strength and conditioning practices for Cardiff Rugby Junior Academy (JA)
Key Relationships (subject to change)	Academy Manager, Lead Academy Strength and Conditioning Coach and Talent and Pathway Manager. Lead Cardiff RFC Strength and Conditioning Coach. Regional age grade coaches.
Key Responsibilities, tasks and Activities	<p>Assistant Academy Strength and Conditioning Provision / Lead Junior Academy Strength and Conditioning Coach</p> <p>A. Support and deliver principles as led by the Academy Manager and Lead Academy Strength and Conditioning Coach.</p> <p>B. Align to the session direction and training direction as directed by the Academy Manager and Lead Academy Strength and Conditioning Coach.</p> <p>C. Lead Cardiff Rugby Junior Academy Programme .</p>

Role Description

PERSON SPECIFICATION	
Experience, Skills & Qualifications	<p>Experience</p> <ul style="list-style-type: none"> • Minimum 2 years' experience within an S & C environment, this experience will have been gained in a practical environment. • Minimum 2 years' experience within a Sporting environment (s). • Understanding and awareness of the issues facing high performance coaching and of the practical, educational, vocational, and learning needs of elite young players. • Detailed knowledge and understanding of the Cardiff Rugby player pathway. <p>Skills & Qualifications - Requirements</p> <ul style="list-style-type: none"> • Undergraduate degree in Strength and Conditioning / Sports Science or related discipline or equivalent. • Excellent IT Skills, specifically Microsoft Word, Excel & PowerPoint, or Preview. • Excellent written and verbal communication skills. <p>Skills & Qualifications - Desirable</p> <ul style="list-style-type: none"> • Knowledge / Experience of working as part of a multi-disciplinary environment. • Master level degree in relevant subject area. <p>Other</p> <ul style="list-style-type: none"> • Valid UK driving licence is required. • This role is subject to an enhanced DBS disclosure check. • An understanding and commitment to equal opportunities in employment and sport. • An understanding of individual responsibility in complying with the Health and Safety policies and arrangements.

The Role description is subject to change pending review by the role holder and their line manager.