



JOB DESCRIPTION & RESPONSIBILITY STATEMENT

1. POST TITLE: Academy Strength & Conditioning Coach, Munster

2. ROLE AND PURPOSE OF POSITION

To provide specialist support in the area of athletic development and sports science to Academy & Sub Academy players.

3. REPORTING RELATIONSHIPS

Operational: Lead Academy S&C Coach, Munster

Functional: Head of Athletic Development, Munster
Elite Player Development Manager, Munster

4. WORKING RELATIONSHIPS

- Head of Athletic Performance & Science, IRFU
- Head of Athletic Performance, Munster
- Lead Academy S&C Coach
- Provincial EPDM Manager
- Munster Rugby S&C Staff
- National Talent Athletic Development Coach
- Munster Rugby Senior Sports Scientist
- Academy Physio & Medical Dept.
- Academy Nutritionist
- Sub Academy & Underage S&C

5. KEY QUALITIES

Essential:

- A recognised degree in the area of sports science, strength & conditioning or human movement.
- Minimum 3 years of previous experience in professional sport / high performance environment.
- Experience in processing & delivery of GPS & load management system(s)
- Excellent coaching skills and previous relevant coaching experience with players in the area of strength, speed, conditioning and general development.
- Excellent organisation, communication and personal skills as well as the ability to work within a team.

Desirable

- An MSc in sports science, S&C or other relevant areas.
- An additional qualification in sport related competence (UKSCA, NSCA, Data Analysis, etc).
- A knowledge of Microsoft office packages.

6. RESPONSIBILITIES

General areas of responsibility include:

- Leading the areas of sports science, data analysis and monitoring for all Academy & Sub Academy players.
- Analysing data & generating reports for players & coaches
- Assisting Lead S&C coach with delivery of all athletic development programs of Academy & Sub Academy players
- Liaising with Irish U20's & Irish 7's programs
- Meeting KPI's as indicated

Specific areas of responsibility include:

- Extensively monitoring conditioning levels of players through GPS, testing, data analysis & load management.
- Delivering, programming & monitoring of athletic development content; Strength, Power, Speed, Agility, Mobility, Recovery, RTP, etc.
- Working closely with the provincial Academy manager.
- Liaising with rugby department / coaches in session design to integrate conditioning through rugby
- Continuous communication with Irish U20's & Irish 7's squads with regards strength & conditioning, GPS and monitoring data.
- Implementation of IRFU capacity fitness assessment protocols for players
- Providing feedback to players and coaches on GPS, testing, athletic profiling, data analysis & load management.
- To attend IRFU workshops, in-service meetings and professional development courses/workshops and other IRFU supported workshops
- Available to assist in the delivery of coach and player education programmes
- To be aware of and to attain the Performance measures set for the position

This is not an exhaustive list of duties and the post-holder may be required to undertake additional duties from time to time at the request of Lead Academy S&C Coach.

7. KEY PERFORMANCE INDICATORS

NB: The following KPI's are general and specific targets which will be set and reviewed at regular meetings with the Academy Manager and the Munster Head of Fitness. The meetings will also include an appraisal and review of the attainment of the KPI's set at previous meetings. A yearly review will also take place where the duties and responsibilities will be fully appraised.

- Maintain effective relationships with various staff within provincial branch and the IRFU.
- Carry out duties and responsibilities to an effective and efficient standard.
- Establish efficient work practices.
- Portray a competent and professional image of the IRFU and Munster Rugby on behalf of the S&C department.
- Assisting in the coaching and programming of all athletic development sessions / programs.
- Monitoring of conditioning levels of players through GPS, testing, data analysis & load management.
- Reporting & providing feedback on GPS, testing, athletic profiling, data analysis & load management.
- Contribution to the structure of rugby session design through presentation of relevant data

- To provide feedback and relevant information to IRFU & Munster Rugby
- Continued innovation of S&C / sports science services & best practice