



## **Randwick Rugby is seeking Head of Strength and Conditioning in Colts for 2022**

### **Role Description:**

Randwick Rugby is one of the most iconic clubs in world rugby and our highly successful Colts (U20's) program is regarded as one of the best in Australia. The Randwick Colts program features 70+ athletes graded into 3 teams, who all participate in the premier Sydney Colts competition.

An exciting opportunity exists to join the Randwick DRUFC performance staff as the **Colts Head of Strength and Conditioning** and play an important role in developing our program's best young prospects and reports directly to the Head of Performance and Club Coach.

### **Role Responsibilities:**

- Design and implement a well-rounded athletic development program.
- Coordinating with High Performance Manager and Colts Director – weekly training sessions x 3 and loads based on RPE and workloads at the start of each week.
- Effective use of gps technologies to monitor training sessions and game running load
- Implement colt's gym sessions and be on the gym floor with all squads ensuring proper technique and programs are being followed.
- Effective communication with colt's physio regarding injuries and return to play protocols.
- Delivering warm up, speed and conditioning for all colt's sessions.
- Be present at all Match Day's to run pre-match warm up, bench warm up and recovery for colts' games.
- Delivering the strength and conditioning program for the selected group of players in the Elite Development Program.

### **The successful candidate should have the following knowledge, skills and qualifications:**

- Degree in exercise science or equivalent.
- ASCA Level 1.
- Experience in effectively coaching speed, change of direction, strength, and power.
- Experience in use of GPS technology preferred.
- Thorough understanding of Microsoft Excel.
- Strong communication and interpersonal skills.
- A current Working with Children/Work with Vulnerable People check.

### **Position Term:**

This is a fixed term/part time remunerated role with flexible working hours required during the rugby season to attend weekend matches and evening training sessions. There is a real opportunity for progression within the Randwick club and to learn and develop in this space from some of the best rugby and performance coaches in the code.

**How to Apply:**

Please address your application to the **Head of Performance – Randwick Rugby**

Please send an expression of interest and resume via email to [office@randwickrugby.com.au](mailto:office@randwickrugby.com.au)

Applications close **Wednesday December 8<sup>th</sup> 2021**

**About Randwick Rugby**

Popularly known as the *Galloping Greens* due to our adventurous running game, Randwick Rugby has won 32 First Grade Premierships in the Sydney premier competition since formation in 1882. Some of Australia's greatest players have worn their famous Myrtle Green jersey and 106 of them have represented the Wallabies. Randwick has produced more Wallabies captains (12) and coaches (6) than any other club.

Randwick is the only Australian club to have played matches against international sides from New Zealand (1988) and Argentina (2019).

Our Colts program regularly finishes amongst the top teams in the competition, which features many of Australia's best players in the U20 age range. Our club has a track record of continually producing Junior Wallaby representatives and developing athletes into the senior professional ranks.