Position title
National Performance Coach (Strength and Conditioning)

Organisation
Hong Kong Rugby Union

Closing Date
Tuesday 23rd July 2019

Job Summary
This role is responsible for designing, implementing and monitoring strength and conditioning programs for the HKRU, with an emphasis on providing rehabilitation and reconditioning programs for the Elite Rugby Program (ERP). To plan and implement an annual physical training program for players within the Junior ERP and Men’s U20s program and to provide S&C support to the National U20s XV’s squad.

Specific responsibilities
• To design and implement individualized rehabilitation and reconditioning programs for injured players within the Elite Rugby Program.
• To assist the Head of Athletic Performance with the design and implementation of strength, conditioning and injury prevention programs for the Elite Rugby Program, that concur with the physical preparation of the National Men’s Fifteens squad for International Test matches.
• To design, implement and manage individualized physical training programs for the players selected into the Part-time Men’s XVs, Junior ERP and Men’s U20s programs. In addition (working closely with the Elite Player Development Manager) devise a periodized program to ensure that players selected for the National U20s XV’s squad are in peak physical condition for Test Matches.
• To develop and manage strength, conditioning and injury prevention programs for Boys National Age Grades and related squads as well as coordinating and managing part time strength and conditioning support staff.

Your profile
• Degree or equivalent
• 2 year experience in strength and conditioning athlete development
• Strong knowledge of injury rehabilitation, reconditioning and return to play principles
• Ability to design and implement national player conditioning programmes
• Able to deliver Coach Education and Development courses
• Able to communicate effectively with internal and external stakeholders
• Good interpersonal skills including the ability to negotiate and influence
• Experience of managing culturally diverse teams
• Able to work independently, self-motivated, responsible, well-organized and be comfortable to work as part of a team.

Salary offered will be commensurate with experience and qualifications. Please apply with full C.V. with detailed last salary, expected salary and available date of commencement if you were offered the position to Human Resources Department, Hong Kong Rugby Union, Room 2001, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong or by email hr@hkrugby.com on or before Tuesday, 23rd July 2019.

Personal data collected will be used for recruitment purposes only. Only short-listed candidates will be contacted directly.