



## **JOB DESCRIPTION & RESPONSIBILITY STATEMENT**

**POSITION TITLE:** Athletic Performance RTP Coach, Munster

### **ROLE AND PURPOSE OF POSITION:**

The Senior Team Athletic Performance RTP Coach will deliver the athletic performance program to Munster Rugby contracted players with particular emphasis on managing return to performance of injured players as part of the wider multi-disciplinary team.

### **REPORTING RELATIONSHIPS:**

Operational: Head of Athletic Performance, Munster

Functional: CEO Munster Rugby

### **WORKING RELATIONSHIPS** (in addition to the above)

- Head Coach, Munster
- Provincial Athletic Performance Staff
- Provincial Coaching Staff & Team Management
- Provincial Physiotherapy and Medical Departments
- Provincial Office Staff
- IRFU Athletic Performance Department

### **KEY QUALITIES:**

- Recognised degree (or equivalent qualification) in either Sports Science or Strength & Conditioning (or related performance field).
- a minimum of 3 years' experience working in full-time professional sport.
- Excellent knowledge and coaching skills in aerobic, anaerobic and rugby-specific conditioning
- They must also have experience within the following areas:
  - Co-leading rehabilitation programmes with professional athletes
  - The programming and delivery of strength and conditioning services to professional athletes
  - Working as part of an inter-disciplinary team
  - Coaching, programming and periodising for all parts of the athletic performance program
  - Use and implementation of GPS
- Up-to-date knowledge of relevant research and demonstrate ability to review objective information to design an evidence-based programme.
- Excellent communication skills.
- Excellent organisational, interpersonal, analytical and teamwork skills.
- Excellent Computer literacy skills.
- Adaptable and flexible in working arrangements.

## **RESPONSIBILITIES:**

- The programming and delivery of strength and conditioning services to professional athletes
- Work in conjunction with all other staff members in implementing the strength and conditioning programme for contracted players.
- Co-leading rehabilitation programmes with professional athletes
- Coaching, programming and periodising for all parts of the athletic performance program
- Use and implementation of GPS
- Be active in on-going professional development.
- Assist when requested with IRFU squad duties at any level.
- Meeting KPIs for player development.
- Adhere to Munster and IRFU principles and stances on nutrition supplementation.
- Implement best practice approach in the design and application of all resistance-based gym programmes.
- Develop and systematically review the strength and power philosophy at the province with the new in-house data and/or research evidence to ensure that this area of the programme remains up to date with best practice.
- Establish appropriate monitoring and assessment protocols and performance targets in strength and power. Keep up-to-date performance profiles on all senior players.
- Assist in the implementation of the warmup, speed-agility, aerobic and anaerobic conditioning programmes where required.
- Assist in the design of pre-season and in-season periodised plans.
- Assist in the preparation and strength and conditioning support on game day at designated matches.
- Assist in the delivery of rehab/prehab-based training programmes where required.
- Maintain strong communication on a daily basis with the rehab and physio departments in reference to player well-being.
- Carry out any other duties that may be assigned from time to time.

The above statements are intended to describe the general nature and level of work required from this position. They are not intended to be an exhaustive list of all responsibilities and activities required. The holder of this position is required to respond with a flexible approach when tasks arise which are not specifically covered in this job description.

## **PERFORMANCE MEASURES:**

- Maintain effective relationships with various staff within the provincial and IRFU athletic performance departments
- Carry out duties and responsibilities above to an effective and efficient standard
- Establish excellent work practices.
- Make effective and informed decisions in relation to the role and the department.
- Portray a competent and professional image of Munster Rugby and the IRFU on behalf of the province and the Fitness department.
- Achieve set KPI's.

## **KEY PERFORMANCE INDICATORS**

NB: The following KPI's are general. Specific targets will be set for your role. The meetings will also include an appraisal and review of the attainment of the KPI's set at previous meetings. An end of year review will also take place where the duties and responsibilities will be fully appraised.

- Operate an individualised periodised approach to players' strength and power programming and establish targets for each player.
- Demonstrate progressive improvements to each players' performance profile with reference to the performance standards agreed and set out in the performance manual.
- Uphold the highest standard of preparedness and organisation in the delivery of strength and power programmes.