



JOB DESCRIPTION & RESPONSIBILITY STATEMENT

POST TITLE: North Pathway Athletic Development Coach, Munster

ROLE AND PURPOSE OF POSITION

The North Pathway Athletic Development Coach (PADC) for Munster Rugby is responsible for implementation of the athletic performance programmes for all Munster Age Grade Players and also the Implementation of education programmes across the Clubs & Schools Pathway. The North PADC will carry out the systems and programmes from the Lead Pathway Athletic Development to ensure that players develop the physical competencies required to effectively develop for the needs of the game longterm. the development of a world-leading pathway programme.

- Implement programmes and education of long-term athletic development (LTAD) to the clubs and schools across the province.
- Coach Players based across the province.
- Advising, in conjunction with the Lead Pathway Athletic Development Coach on Athletic Development pathways and systems to the clubs and schools.
- Liase with coaches spread across the province and developing education programmes to upskill these coaches.
- Report directly to Lead Pathway Athletic Development Coach

REPORTING RELATIONSHIPS

Operational & Functional: Lead Pathway Athletic Development Coach & Academy Manager & the Head of Rugby Development Manager Munster Rugby

Functional: Lead Pathway Athletic Development Coach & Player Development Manager, Munster Rugby

WORKING RELATIONSHIPS

- Age Grade and Academy AD Coaches, Munster Rugby
- Domestic Rugby RDO's, CCRO Coaches, Munster Rugby
- Key Schools Stakeholders – Coaches & Support Staff
- Rugby, Nutrition, Medical and Athletic Development & Performance Staff, Munster & IRFU
- Domestic Game Staff and Constituents, Munster Rugby

KEY QUALITIES | ESSENTIAL:

- Currently undertaking a degree or Higher National Diploma in physical education, human movement or exercise and sports science;
- Knowledgeable around the physical and technical demands associated with Rugby;
- Knowledgeable around the profiling of athletic qualities in terms of Long-term athletic development;
- Established coaching and programming skills around the development of plyometric ability, linear speed (sprinting), multidirectional speed (COD/Reactive Agility), and Rugby specific movement skill integration;
- Established coaching and programming skills around the development of Rugby specific conditioning, specifically as it relates to the functional integration of conditioning within the context of practice;
- Established coaching and programming skills around the development of general & specific strength/power;
- Excellent ability to work independently and within a multi-disciplinary team;
- Excellent communication and conflict resolution skills;
- High level of self-awareness and a strong self-starter.



RESPONSIBILITIES:

Pathway

- Coaching effective Athletic Development programmes for the long term development of players in the Munster clubs and schools specific to their development needs in their journey on the Munster pathway.
- Collecting physical profiling, training load and monitoring information - communicate any issues relating to player welfare to the relevant rugby, physiotherapy, medical, nutrition and/or AD/strength and conditioning staff when involved in the multidisciplinary teams during the programme.
- Tracking and monitoring the physical development of players from when they enter our program to document their development while within our pathway.
- Communicating with the Lead Pathway Athletic Development Coach ensuring full alignment from the Age Grade System all through the Pathway.

Participation

- Working with the Lead Pathway Athletic Development Coach and assist with education and structures within the Athletic Development environments of the clubs and schools in the province.

Education/CPD

- Assist in the delivery of coach and player education programmes

General responsibilities include:

- Work with other professional staff including the Lead Pathway Athletic Development Coach & Player Development Manager, Munster Rugby, to drive outcomes.
- Develop and maintain excellent working relationships with key school and club coaches
- Attend and contribute to Munster workshops, in-service meetings and professional development courses/workshops and other Munster/IRFU supported workshops
- Demonstrate a competent and professional image of Munster Rugby and the IRFU on behalf of the Athletic Performance department

KEY PERFORMANCE INDICATORS

NB: The following KPI's are general. Specific targets will be set for the role based on annual reviews. This will include an appraisal and review of the attainment of the KPI's set at previous review.

1. Be a professional resource, coaching support and service provision on the ground for clubs and schools within our province.
2. Improve physical competence and proficiency of athletic development of all players in the province for the over all well being of our pathway players.
3. Improve physical competence and proficiency of athletic development of all players in the province for the over all well being of youth development through Rugby.
4. Improve the education and Athletic development structures in our clubs and schools within the province, Munster.
5. Maintain effective relationships with various staff within the province, Munster.
6. Carry out duties and responsibilities to an effective and efficient standard.