



JOB DESCRIPTION & RESPONSIBILITY STATEMENT

1. **JOB TITLE:** Performance Nutritionist, Munster Rugby Academy

2. **Duration:** This is a 2-year fixed term role, full time.

3. ROLE AND PURPOSE OF THE POSITION

- Develop and deliver a player-centred nutrition support service to players in the following groups to optimize their health, development and performance:
 - Academy
 - National Talent Squad (NTS)
 - National U20 players (not in the NTS)
- Work alongside the Lead Performance Nutritionist at Munster Rugby to ensure continuity in nutrition care across Munster Rugby at all levels.
- Collaborate with the IRFU Elite Player Pathway Nutrition Lead working in the National Talent pathway.

4. REPORTING:

Operational: Academy Manager, Munster Rugby
Lead Performance Nutritionist, Munster Rugby
IRFU Head of Nutrition

Functional: Lead Performance Nutritionist, Munster Rugby
IRFU Elite Player Pathway Nutrition Lead
IRFU Head of Nutrition

5. WORKING RELATIONSHIPS

- Lead Performance Nutritionist, Munster Rugby
- IRFU Elite Player Pathway Nutrition Lead
- IRFU Head of Nutrition
- Academy Manager, Munster Rugby
- Provincial Talent Coach, Munster Rugby
- Academy and NTS Athletic Performance, Medical and Coaching staff, Munster Rugby

6. ROLES AND RESPONSIBILITIES

Service Delivery

- Develop and deliver onsite player-centered nutrition programmes to players in the Academy, and selected players agreed by the IRFU Elite Player Pathway Nutrition Lead and Lead Provincial Nutritionist in the Munster Rugby National Talent Squad and National U20 (not in NTS).
- Align and lead on the delivery of agreed *IRFU NTS Nutrition Service Provision Requirements* to the Munster Rugby National Talent Squad.
- Work with the Munster Rugby Lead Performance Nutritionist to deliver nutrition service strategies to Academy players.

- Implement strategies to support players' training and competitive programmes whilst demonstrating a comprehensive knowledge of the science that supports sports nutrition e.g. nutrition to support strength development, recovery, hydration, supplementation, use of ergogenic aids, recovery from surgery etc.
- Support match days with nutritional input for Munster Development and Munster age grade squads as necessary.
- Liaise with catering staff around food service provision for NTS programmes, underage and academy home and away matches and summer age grade programmes.
- Implement and monitor a sports supplement programme that adheres to the IRFU Sports Supplement Policy and follow the IRFU Guidelines for supplement use in young rugby players.
- Contribute to the completion of Individual Performance Plans (IPPs) for Academy & NTS players and ensure any nutritional priorities are actioned to support the on-going development of players as part of a multi-disciplinary approach.

Education support

- Develop and deliver an evidence-based nutrition education syllabus including regular education sessions and resources to enhance player's nutrition knowledge, habits and performance nutrition behaviours.
- Contribute to the delivery of coach development workshops to improve and develop knowledge and understanding of nutrition to provincial coaches working with age grade players.

Communication support

- Develop strong relationships with all personnel listed in 'Working Relationships' to maximise the effectiveness of players' training programmes through appropriate nutrition strategies.
- Work closely with the IRFU Elite Player Pathway Nutrition Lead to develop and implement a nutrition curriculum to NTS players.
- Attend scheduled Academy, NTS and MDT meetings to provide updates on individual nutritional plans as necessary.
- Provide regular communication and updates to the lead performance nutritionist, academy manager and IRFU performance nutritionists regarding nutrition service development

Documentation and Continuing Professional Development (CPD)

- Maintain records of all player consultations, interventions and track measurable outcomes where feasible and aligned with the strategies of the NTS Service Provision Requirements and the Munster Nutrition Department Strategies.
- Engage in CPD relevant to sports nutrition (including participation in IRFU in-service meetings) and be willing to participate in research if the opportunity arises.
- From time to time CPD opportunities may arise within the IRFU National Team environment. In such case provincial nutritionist may be afforded the opportunity to cover such camps. These opportunities will be discussed and agreed accordingly between National and Provincial management teams.

General areas of responsibility

- Implement, manage and monitor a sports supplement programme that adheres to the IRFU Policy on Sports Supplement provision to IRFU players and follow the IRFU Guidelines and Recommendations for sport supplement use in young rugby players.
- Maintain records of all nutrition interventions and track measureable outcomes.
- Participate in a Performance Development Review on an annual basis.
- Be professionally responsible for all aspects of service delivery.
- Support and work with the Lead Performance Nutritionist in Munster Rugby, the IRFU Elite Player Pathway Nutrition Lead and the IRFU Head of Nutrition in service delivery as required.

KEY PERFORMANCE INDICATORS (KPIs)

- Annual KPIs will be agreed with the IRFU Elite Player Pathway Nutrition Lead and the IRFU Head of Nutrition and the Munster Rugby Lead Performance Nutritionist on specific areas of work outlined in roles and responsibilities.
- Participate in annual performance reviews with operational and functional managers

7. ESSENTIAL CRITERIA

Applicants must, at the closing date for applications, be able to display and provide evidence of the following criteria as outlined below:

Qualifications & Training	• An undergraduate degree in nutrition or dietetics with a recognised postgraduate qualification in a sport and exercise related subject e.g. sports nutrition, exercise physiology, sports science OR an undergraduate degree in a sport and exercise related subject with a recognised post graduate qualification in nutrition or sports nutrition. • ISAK Level 1 (or above) accreditation.
Professional Membership	• Graduate or practitioner registration with the UK Sport and Exercise Nutrition Register (SENr)
Knowledge	• Detailed understanding of the nutritional issues relevant to high performance sport. • Understanding of the various sports science and sports medicine disciplines. • An understanding of rehabilitation, recovery and robustness practices.
Experience	• A minimum of 2 years' post graduate experience in the provision of nutritional support to athletes and coaches in a sporting environment. • Demonstratable experience in all areas of planning, implementation and monitoring of nutrition strategies in conjunction with athletic development and medical staff to support high performance • Experience in or evidence of understanding the education needs of young athletes, using a food-focused approach to optimise health and performance

Skills & Abilities	• Excellent written and verbal communication skills; an effective and confident presenter to a range of target audiences including young people. • Strong organisational and record-keeping skills with an ability to prioritise and plan workloads according to scheduling demands. • Excellent interpersonal skills and ability to work as part of a team. • Excellent attention to detail.
-------------------------------	--

	• Good level of IT literacy (including dietary analysis).
Circumstances	• Adaptable and flexible in working arrangements to support the needs of the organisation. • Available to work irregular and unsocial hours as required involving work outside of normal office hours, at evenings, weekends and Bank Holidays. • Full driving licence and access to a form of transport that will permit the jobholder to meet the requirements of the post in full.

8. DESIRABLE CRITERIA

Experience	• Experience of working with rugby players or other collision sports. • Experience of working in a high performance or Sports Institute setting • Experience in academic and/or applied research in the field of performance nutrition
-------------------	--