

# GREAT BRITAIN SEVENS

## Job Description

<b>Job Title</b>	:	<b>Great Britain 7s Lead Physical Preparation Coach</b>
<b>Department</b>	:	<b>Great Britain Sevens Performance team</b>
<b>Reports To</b>	:	<b>Great Britain Sevens Head coaches</b>
<b>Location</b>	:	<b>Remote (camp &amp; competition based)</b>
<b>Remuneration</b>	:	<b>Dependent on experience</b>
<b>Contract</b>	:	<b>Fixed Term until 31<sup>st</sup> August 2024</b>
<b>Contract Type</b>	:	<b>Full time equivalent</b>

### Nature and Scope:

- To design, deliver and lead the physiological and physical development plans of players in the Men's and Women's Sevens programme.
- Communicate effectively with relevant stakeholders, on the needs of individual players to maximize player development for Great Britain 7s
- Attend all Great Britain 7s training camps and tournaments, working full time outside of camps.
- Provide advice and educational materials on athletic development for the benefit of the game of rugby 7s
- To effectively manage an assistant physical preparation coach, and consult with wider industry experts to maximise the physical preparedness of all GB7s athletes (including nutritionists, data analysts and any other relevant industry experts)
- Development of a physical profiling battery to comprehensively assess the relevant physical capabilities of GB playing population (Male and Female)
- Create a physical profiling database to effectively track the physical development of GB players and establish relevant physical standards
- Ability to review / assess the effectiveness of training interventions
- Establish long term plans for each individual player with regular, timely review periods and address any issues that impede the player's physical development or recovery.

### Accountabilities:

- To plan, implement, monitor, and coach individualised fitness programmes for identified Great Britain Sevens players, that are specific to the tactical and technical needs of the head coaches of Great Britain Sevens.
- To travel with the Great Britain Sevens teams on the World Rugby Sevens Series, and any other competitions and training camps as required.
- Participate fully in all interdisciplinary work with other Great Britain Sevens sports science and medicine resources as required for the development and/ or rehabilitation of individual players.
- To work with wider industry experts to further develop best practice for player fitness development, testing and recovery.

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- To build and develop effective relationships with other sports and governing bodies which will assist with continual development of the Great Britain Sevens teams' fitness programmes
- To work with key Great Britain Sevens sponsors as and when required.
- Plan and work within agreed budgets as agreed with the head of team operations, head coaches and Great Britain Sevens executive committee.
- In conjunction with the designated representatives from the England, Scotland and Wales unions work closely to establish successful 7s pathways to elite international 7s – and provide support, advice and guidance as required.
- Maintain strong links with all International Performance Coaches and attend meetings as requested.
- Act as an ambassador for, and always promote the best interests of GB7s, including the promotion of the GB7s Values and wider values of the game.
- Undertake such other duties as maybe required from time to time as are consistent with the responsibilities of the post and the needs of GB7s.
- Generate and maintain a culture of on and off field discipline, behaviours and professionalism to support performance success
- The need to manage confidential player information and share, if requested, with designated staff members within RFU, SRU, WRU.
- Develop and co-lead an identification strategy that will increase the talent pool for the 7s programs.
- Identify a relevant CPD curriculum to help the continued development of physical performance staff.

## Person Specification

### Qualifications and Experience:

#### Essential

Minimum of 3 years full-time experience as a Strength & Conditioning Coach. Desirably within a high level of rugby.

Experience in coordinating strength & conditioning services for national programs

A qualification at degree level (or equivalent) in sports science or a related area specializing in physical preparation of elite athletes.

#### Desirable

Master's degree in sports science or related area specialising in physical preparation of elite athletes (especially in applied physiology with running based athletes / players)

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Must have a proven technical capability to a UKSCA or similar formal or applied professional standard.

Demonstrable knowledge of physiology and experience with running based athletes (field sports or track athletes).

Experience working with both female and male athletes, particularly in a team sports environment

Experience of working in or leading a multidisciplinary physical performance team

Applicants must have credible experience of planning, implementing, coordinating, and monitoring individual fitness programmes within an elite sport environment.

They must be comfortable using player monitoring systems such as GPS and heart rate and be capable of processing performance data for use by the coach and the performance team.

The candidate will be familiar with the demands of working on a global tournament, managing high performance considering regular time shifting and challenging environments (heat humidity)

Experience working at multisport events would be advantageous.

Willing and able to travel extensively throughout the season

The candidate will be able to demonstrate the following:

- An ability to manage in a high-pressure environment
- Experience in engaging with the media or an understanding of what is required for a public role
- Ability to support people with different lived experiences
- Experience providing feedback in a transparent and sensitive manner
- Experience in seeking out and taking on feedback
- Committed to driving forward inclusion in your role and day-to-day behaviours

The skills and attributes outlined in this description are not exhaustive and we welcome candidates who can bring different relevant experiences to the role.

## **Additional Information:**

- All Role Holders must maintain an appropriate standard of confidentiality. Any disclosures of confidential information (including personal information kept on computer or other media) made unlawfully outside the proper course of duty will be treated as a serious disciplinary offence
- Personal circumstances must allow the candidate to work extended hours on occasion during times of peak activity including evenings and weekends
- The role description, person specification, and role title may be subject to change at the discretion of the Great Britain Sevens executive committee and in accordance with business developments. Any changes will be communicated to the role holder as appropriate