

Position Description

Position Title	Head of Strength & Conditioning
Reports To	(Direct) Head Coach (Indirect) Head of Football
Works with	National Program Operations Manager, Team Manager, Medical and Support Staff, Assistant Coaches, Regional based coaches,

Role Overview:

The Head of Strength & Conditioning plays a key role in preparing the National Team for the physical demands of Rugby League. This role involves designing and delivering a comprehensive strength and conditioning program tailored to enhance athletic performance, minimize injury risk, and support overall player development. The Head of S&C will work closely with the coaching staff and medical team to implement both individualized and team-wide training strategies, including the development and monitoring of physical performance benchmarks.

Key Responsibilities:

- **Program Design & Periodization:** Develop and deliver evidence-based, rugby league-specific strength, speed, endurance, and recovery programs aligned with team and individual performance goals.
- **Athlete Monitoring & Testing:** Conduct physical testing and assessments; monitor athlete load, fatigue, and recovery; track physical performance metrics throughout the season.
- **Remote Program Delivery:** Provide ongoing support and programming to athletes located across the U.S. and internationally, adapting for individual needs and environments.
- **Injury Prevention & Rehabilitation Support:** Work closely with the medical team to integrate injury prevention strategies and contribute to return-to-play programs.
- **Competition & Camp Preparation:** Prepare physical loading plans for training camps and international matches, ensuring optimal player readiness and performance.
- **Education & Empowerment:** Educate players on best practices in physical preparation, recovery, hydration, nutrition, and self-care.
- **Collaborative Planning:** Participate in regular planning meetings with coaching and medical staff to align S&C efforts with tactical and technical priorities.
- **Travel & Camp Participation:** Attend team training camps, virtual sessions, and international competitions to support athlete preparation and recovery.

Key Attributes for Success:

- **Strength & Conditioning Expertise:** Proven ability to design and deliver high-performance S&C programs, ideally in Rugby League or contact sports.
- **Technical Proficiency:** Skilled in using athlete monitoring tools, testing equipment, and digital training platforms.
- **Communication:** Able to clearly explain physical training concepts and provide constructive feedback to athletes and staff.
- **Attention to Detail:** Thorough in tracking data, identifying trends, and managing athlete workloads.
- **Collaborative Approach:** Comfortable working as part of a multidisciplinary team; values open communication and shared goals.
- **Organized & Accountable:** Able to manage multiple athlete programs, track progress, and meet deadlines under pressure.
- **Player-Centric Philosophy:** Committed to supporting female athletes through education, empowerment, and individualized support.
- **Understanding of Rugby League:** Solid knowledge of the physical demands of the sport and how they relate to training and injury prevention.
- **Ethical Standards:** Adheres to high standards of integrity, professionalism, and player welfare.

Duration: This is a voluntary position, initially for a period of 2 years, with the possibility of renewal based on performance and organizational needs.

Performance Reviews: The Video Analyst will undergo an annual performance review, focused on the effectiveness of physical programs, athlete performance outcomes, injury management, and collaboration with team staff.

The USARL Board reserves the right to terminate this position prior to the end of the contract term in the event of a serious breach of duty of care toward players, staff, or board members, performance issues, failure to meet USARL policies, procedures, or failure to meet organizational needs.