



## JOB DESCRIPTION

Post:	<b>Assistant Athletic Performance Coach</b>
Department:	Exeter Chiefs Women
Reporting to:	Head of Athletic Performance
Salary:	£25,000
Hours per week:	37.5 hours per week
Contract Type:	1-Year Contract
Probation Period:	6 Months

### Main Purpose of the Role:

As the assistant athletic performance coach at Exeter Chiefs Women, you will assist the head of athletic performance and play a critical role in shaping the programme's future and pathway. You will also lead the sports science and data handling processes and deliver high-performance training programmes.

### Main Duties & Responsibilities:

1. Collaboration: Establish effective working relationships with the staffing group and players, to design and implement programming and load management tailored to individuals and team(s) goals focusing on the development players.
2. Leadership: Lead the sports science delivery and data input across GPS, IMG and Vald Technologies. Lead the creative process of data visualisation and data housing.
3. Holistic Approach: Collaborate with the multi-disciplinary team to ensure players' development is enhanced holistically.
4. Development Planning: Create Key Performance Indicators (KPIs) and objectives for both the delivery of sports science and training programmes, ensuring the continuous athletic development and sustained performance of athletes.
5. Delivery: Deliver game speed, conditioning, robustness, strength and power to ensure optimal readiness.
6. Mentorship: Provide guidance and mentorship to the Sports Science Intern.
7. Stakeholders: Work closely with key external stakeholders such as the University, affiliated clubs and junior international teams (i.e. Roses U20s).
8. Additional Responsibilities: Undertake any other reasonable duties as directed by the Exeter Chiefs DOR, Head Coach, and Operations Lead to support the ongoing success of the programme.

This role represents an exceptional opportunity to make a lasting impact on the development of Exeter Chiefs women's rugby both locally and nationally.

## PERSON SPECIFICATION

Requirements	Essential	Desirable	How Assessed (AF / IV / Other)
<b>Qualifications / Training</b>			
Demonstrable experience working as an athletic performance/S&C coach in a high-performance environment (1 year minimum)	✓		AF
Experience in utilising GPS, IMG and Vald technologies (1 year minimum)	✓		AF
Educated to undergraduate degree in Sports Exercise Science /strength & conditioning or a performance related field	✓		AF
Educated to Post Graduate degree in Sports Exercise Science /strength & conditioning or a performance related field		✓	AF
<b>Experience / Key Skills</b>			
Experience in the design and delivery of athletic performance strength and conditioning programmes	✓		AF / IV
Evidence of working as part of a multi-disciplinary team	✓		AF / IV
Experience in data handling, creating data visuals and centralising data from multiple sources	✓		AF / IV / Data Assessment
Technical Ability <ul style="list-style-type: none"> <li>Gym (Compound lifts)</li> <li>Field (Movement Mechanics)</li> </ul>	✓		Practical Assessment
<b>Behavioural Competencies</b>			
<b>Relationships</b> Be able to work within a multidisciplinary team and work with others to reach a common goal. Able to build strong working relationships with fellow practitioners, coaches and players	✓		AF / IV
<b>Communication</b> Excellent communication and interpersonal skills	✓		AF / IV
<b>Professional Development</b> Committed to professional development and a high standard of professionalism	✓		AF / IV
<b>Honesty and Trust</b>	✓		AF / IV

Displays honesty, openness, and an approachable demeanor. Committed to confidentiality within the work environment			
<b>Hard Worker</b> Able to work unconventional hours. Able to operate within a high-pressure working environment	✓		AF / IV
<b>Critical Thinking</b> Conscientious and committed to attention to detail	✓		AF / IV

Where aspects of the person's specification are shown as 'desirable' it is understood that the knowledge, skills or experience required could be achieved through relevant training. In selection decisions, however, preference will be given to those candidates who can already demonstrate competence in the areas specified.

This post is subject to obtaining, DBS clearance, and evidence to show eligibility to work in the UK and satisfactory employment references.

Please send your application including a supporting cover letter (maximum of 1.5 pages) and CV (including two contactable references) to [liammcstay@exeterchiefs.co.uk](mailto:liammcstay@exeterchiefs.co.uk)

Exeter Chiefs Rugby Club is an equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates.