

EXETER CHIEFS WOMEN

Assistant Athletic Performance Coach



Role: To assist the Head of Athletic Performance and play a critical role in shaping the programme's future and pathway, contributing to key deliverables within the athletic performance strategy both on and off pitch.

Salary: £25.5k pro-rata

Full time position

The candidate will establish effective working relationships with staff and players, to design and implement programming and load management tailored to individuals and team goals within the wider context of the athletic performance framework, focusing on the development of players.

Lead on aspects of end-stage return to performance delivery for assigned players, ensuring that all key holistic and injury-site-specific benchmarks are hit, enabling players to return in the optimal psycho-physiological state.

You will collaborate with the multi-disciplinary team to ensure players' development is enhanced holistically. Also to contribute to the evolution of Key Performance Indicators (KPIs) and objectives for both the delivery of on-pitch provision and training programmes, ensuring the continuous athletic development and sustained performance of athletes.

Deliver speed, conditioning, robustness, strength and power to ensure optimal player readiness, alongside the return to performance (RTP) of injured players.

Alongside this, provide guidance and mentorship to team interns and contribute to the CPD program of the wider Athletic Performance and Medical Teams

You will also work closely with key external stakeholders such as the university, affiliated clubs and junior international teams.

Please send all applications including a covering letter and CV to danrix@exeterchiefs.co.uk



Additional responsibilities:

- Undertake any other reasonable duties as directed by the Exeter Chiefs director of rugby, head coach, and operations lead to support the ongoing success of the programme.
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Qualifications/training:

- Demonstrable experience working as an athletic performance/S&C coach in a high-performance environment (one year minimum)
- Experience in RTP delivery and utilising Vald technologies (one year minimum)
- Educated to undergraduate degree in sports exercise science/strength and conditioning or a performance related field (post-graduate level in this degree field is a desirable)

Experience/key skills:

- Experience in the design and delivery of both gym and pitch-based athletic performance programmes
 - Evidence of working as part of a multi-disciplinary team
 - Experience in delivery of return-to-run and end stage return-to-perform programmes
 - Technical ability in the gym (compound lifts) and on field (movement mechanics)
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Additional skills:

- Ability to work withing a multi-disciplinary team and work with others to reach a common goal
- Ability to build strong working relationships with fellow practitioners, coaches and players
- Excellent communication and interpersonal skills
- Committed to professional development while maintaining a high standard of professionalism
- Ability to display honesty, openness and an approachable demeanour
- Commitment to confidentiality within the work environment
- Ability to work unconventional hours and operate within a high-pressure working environment
- Display conscientiousness and a commitment to attention to detail

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 candidates who can already demonstrate competence in the specified areas.

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

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Benefits of the role:

- Experience in an elite environment
- Working with professionals with years of experience
- Kit Package

To Apply:

Please email your CV and a covering letter to danrix@exeterchiefs.co.uk with two contactable references included in your submission.

Closing date of 5pm on September 12, 2025. Interviews will be held from September 15, 2025.



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