

Glasgow Warriors Athletic Performance Coach / Sport Scientist

Reporting to the GW Head of Athletic Performance, you will assist the team in building and delivering world class Athletic Development, helping players to achieve their Rugby performance goals through Athletic Development that supports the Glasgow Warriors Rugby programme.



About the Role

Stakeholders

Key Responsibilities:

- Delivery of Athletic Development to injured players in collaboration with the medical and Rugby coaching departments on Return to Perform pathways collaboration with the medical, coaching and S&C teams to ensure return to play processes are driven and enhanced
- Work alongside the medical department to develop and implement a world class return to play system at Glasgow Warriors
- Lead on all monitoring, including GPS, building efficient processes for data collection, analysis and communication within Glasgow Warriors and to the Scottish Rugby Union.
- Assist in the delivery of a world class Athletic Development program at Glasgow Warriors and to take a leading role in the Athletic Development of assigned players, collaborating with S&C and medical as a combined Performance Department
- Develop and apply evidence based, practical performance solutions in conjunction with other colleagues that overcome knowledge constraints and generate best practice
- Provide evidence of positive performance impact-based training and monitoring interventions
- Contribute to the learning and development of the Performance colleagues (S&C and medical) and also the wider multi-disciplinary team across Scottish Rugby
- Educate players on techniques, habits and lifestyles required to be an elite rugby player.
- Be proactive in collaborating on applied projects that enhance knowledge and drive best practice within Scottish Rugby.
- Continually keep your knowledge up to date in order to apply current practices to improve team performance
- Set SMART goals in relation to your work programme and coordinate others in the delivery of agreed goals
- Support the Head of Dept in the delivery of S&C support to the Glasgow Warriors squad, ensuring that player targets are met

- Players
- Medical team
- Performance Dept
- Coaches

Key competencies and behaviours required

Effective Communication

- Communicates in a manner which builds confidence in our ability to deliver as an organisation
- Communicates with others in a positive manner
- Ensures relevant information is communicated to the right people, in the right style, at the right time

Flexibility

- Adapts well to change, adjusting to operational priorities as required
- Listens to feedback and ideas from other people about how to improve processes

Facilitating Change

- Takes personal responsibility for quality and continuous improvement
- Actively influence others to take responsibility for quality and continuous improvement

Team working

- Willingly offers input and solutions to team issues supporting team success
- Provides support to other team members

Planning and Organising

- Identifies priorities and plans workload – short and long term.
- Manages own resource to ensure work completed efficiently.
- Identifies issues which may prevent goal achievement and makes plans to avoid this.

Personal Accountability

- Demonstrates a committed, positive approach to work and colleagues
- Takes responsibility for decisions, accuracy, and quality of own work
- Maintains a high standard of work and seeks to continuously improve
- Demonstrates a solutions mindset – identifying potential problems in advance and developing practical solutions to them

Leading Others

- Coaches and supports colleagues, willing to share knowledge and expertise
- Takes the lead role on specific pieces of work, supporting and co-ordinating the work of others

More Information

Key Experience and Qualifications required

- Bachelors degree in Sports Science (or comparable level)
- UKSCA Accredited S&C Coach (or equivalent accreditation from NGB) or ability to achieve it within 6-9 months
- At least 3 years of successfully implementing and utilising monitoring systems and processes
- Experience of coaching and working in high performance sport
- Evidence of leading return to play programs as part of a multidisciplinary team
- Evidence of projects and research that has informed the performance process
- Strong analytical skills with excellent Excel skills
- Ability to manage and coordinate programmes and personnel at a high level of sport and to work under pressure

Desirable Experience and Qualifications

- Master's degree in Sports Science (or comparable level and duration of applied experience)
- ISAK Level 1 accreditation
- Certified (UKSCA / SENr, etc) Nutrition training
- Experience using R for data management / Power BI to report on data / SportCode or similar / GPS - Catapult

Location: Scotstoun Stadium, with regular travel to away games

Working pattern: Full time, with regular weekend working

Contract type: Fixed Term

Other info: Requires satisfactory Disclosure Scotland / PVG check, ability to travel abroad, valid passport and driving licence

