

Widnes Vikings are seeking to appoint a full time Head Of Strength and Conditioning. The individual will be responsible for designing, delivering and monitoring high-quality strength and conditioning services to Widnes Vikings players, from both the first team and youth pathways, working alongside the Performance Director.

This will be a challenging, rewarding and exciting role, that will make a vital contribution to the club's bid to earn promotion to the Betfred Super League this season.

Full details of the accountabilities, responsibilities and requirements for the role are listed below.

To apply, please provide a cover letter and CV by Tuesday 23rd October to Rachael Holland: rachaelh@widnesvikings.co.uk.

Role Title	Head Strength and Conditioning Coach
Department	Performance Department
Location	Primary base is the Halton Stadium in Widnes or any other location/venue that is deemed necessary to fulfill the role duties. National and International travel is required.
Reports to	Performance Director
Responsible for	Strength and Conditioning staff
Hours of Work	Full Time – 37.5hrs. Flexibility around hours is necessary due to the nature, objectives, responsibility and the demands of the role. This role will require working in the evenings and at weekends.
Role Purpose	Manage the delivery and development of the Strength and Conditioning provision at Widnes Vikings Rugby League club.
Key Relationships	Performance Director Head Coach and assistant coaches Strength and Conditioning staff Physiotherapy staff Club doctor Club executives
Contractual status	Full time employed
Key Accountabilities	
Delivery	<ul style="list-style-type: none"> • Work with the Performance Director to develop and implement a physical competency framework. • Work with Performance Director and physiotherapy staff to design, deliver and monitor strength and conditioning services to individuals and small groups across the Widnes Vikings player pathway on a daily basis. • Work with the Performance Director and Head Physiotherapist to design and deliver pre and post game and training recovery guidelines and protocols. • Lead on and deliver where appropriate physical performance testing across the player pathway. • To contribute to the physical reporting of player development and progress against agreed objectives on a regular basis. • To ensure all relevant performance data is collated, inputted and stored correctly on the performance management system.
Management	<ul style="list-style-type: none"> • Participate in the club personal development and performance review system to promote personal, departmental and club developments. • Support and mentor assistant strength and conditioning staff to develop programmes to maximise player progress and efficient use of resources.

	<ul style="list-style-type: none"> • Support the Performance Director to prioritise resources to meet programme demands without compromising player progress. • Comply with health, safety and other regulations.
Developing solutions	<ul style="list-style-type: none"> • Work with the Performance Director to identify, develop and implement changes to make a positive difference to the development of athletes and the success of the programmes. • Investigate the global sporting environment, related industries and research to bring best practice ideas and innovations back to benefit the organisation.
Relationships and Communications	<ul style="list-style-type: none"> • Support the organisation to maintain and build relationships with the RFL and other key stakeholders, engaging trust and confidence of key individuals and organisations and working with them to maximise performance. • Communicate with performance staff regarding the physical performance status of players.

Person Specification	
Experience	<ul style="list-style-type: none"> • Degree (or equivalent) in sport science or related subject, specialising in physical preparation of athletes. • A track record of success in developing physical qualities of teams and athletes within performance sport. • Excellent physiological and anatomical knowledge. • Strong programming and coaching skills. • Strong interpersonal skills and relationship management. • Extensive experience required working in elite sport with both junior and senior players preferably in a contact sport.
Skills and Qualifications	<p>Essential</p> <ul style="list-style-type: none"> • Excellent written and verbal communication skills • Must be proficient at using all Microsoft and Mac based office programmes • Full UK driving license <p>Desirable</p> <ul style="list-style-type: none"> • Post graduate qualification in Sports Science • UKSCA Accreditation • ISAK accredited
Key Competencies	<ul style="list-style-type: none"> • Team working and personal impact • Attention to detail • Self-motivation • Emotional intelligence
Other	<ul style="list-style-type: none"> • This role is subject to an enhanced DBS disclosure check • An understanding and commitment to equal opportunities in employment and sport

	<ul style="list-style-type: none">• An understanding of individual responsibility in complying with the Health and Safety policies and arrangements
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