



RISE Female Pathways S&C Head Coach – Position Description

Position Title: RISE Female Pathways S&C Head Development Coach

Position Overview:

The aim of the RISE Program is to provide aspirational male and female players with an opportunity to enter the performance pathway and develop their Rugby League skills, physical conditioning, and socio-emotional competencies resulting in increased performance, participation, and personal development.

In collaboration with the NRL RISE Pathways Manager and the RISE Female Pathways Head Coach, the RISE Female Pathways S&C Head Coach will be responsible for leading a small group of S&C Assistant Coaches and support staff to deliver the physical development components of the NRL RISE Pathways Programs which include:

RISE Development Program

An introduction to the performance pathway for **all** Rugby League Participants who demonstrate a level of aspiration in Rugby League.

- Under 13 & 14 Girls
- Under 15 & 16 Girls

RISE Rookie Academy

A development opportunity for players identified as talented with a potential to progress to higher levels of the game.

- Under 17+ Women
- Women's National Championship

Responsibilities:

- Complete all required development and training courses associated with RISE
- Identify, recruit and oversee assistant S&C Coaches and support the development of RISE Development Coaches.
- Implement and facilitate regular physical testing to prescribe training programs
- Collect relevant testing data and communicate results to players, staff and the NRL
- Provide strength and Conditioning Programs for all pathway athletes
- Monitor athletes for the season
- Ensure that appropriate recovery and injury prevention strategies are adopted
- Ensure the latest clinical, scientific and technical innovations for applied practice are implemented while maintaining the highest level of care possible
- Create relationships with staff, coaches and players to facilitate strong operational delivery and deliver the strategic aims leading into National Championships
- Ensure succession of strength and conditioning coaches. Specifically, at least two junior strength and conditioning staff should be developed.

Selection Criteria:

- Excellent communication skills with a strong background working as part of rugby league teams.
- A sound level of technical knowledge and coaching experience in delivering age and stage appropriate strength, power, rehabilitation, speed and conditioning programs.
- Broad experiences as an effective leader and contributor to an experienced team professional's in a rugby league sporting environment (ie: Physiotherapist and Sports Trainer)
- Commitment to the pursuit of Industry excellence achieved through high personal and professional standards.
- Strong computer literacy in data management systems and MS Office Suite (word, outlook, excel and TeamBuildr AMS etc).