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AI-generated content may be incorrect.**RUGBY CANADA – EXPRESSION OF INTEREST**

**Strength & Conditioning Coach**

**Title:** Strength & Conditioning Coach – Women’s Rugby Sevens & Fifteens

**Type of Position:** Contractor

**Location:** Rugby Canada’s headquarters are located in Langford, BC, but camps and competitions may be held national or internationally.

**Department:** High Performance Rugby

**Reporting to:** NSW7 Lead Strength and Conditioning Coach

**Salary Range:** Volunteer to Paid Contract Opportunities

**Rugby Canada** is the national sport organization committed to delivering life-long, inclusive rugby experiences that cultivate participation and inspire excellence from community to club to country.

**Overview:**

Rugby Canada delivers high-performance programming across a range of national teams, from senior to age-grade, in both Fifteens and Sevens rugby. We are looking to expand our network of qualified and passionate strength and conditioning coaches to support domestic and international training camps and competitions. We are also seeking to build our practitioner pathway and network, providing engagement and professional development opportunities for those who are not currently working with Rugby Canada but are interested in future involvement or in supporting our programs and services from their current roles and locations.

**Expression of Interest:**

Rugby Canada is seeking Expressions of Interest from Strength & Conditioning practitioners who are interested in delivering services at future training camps and/or competitions on behalf of Rugby Canada in one or more of the following capacities:

* Volunteer
* Internship
* Paid Contractor

**Responsibilities:** The Strength and Conditioning Coach may be responsible for:

* Assisting with the physical preparation and sport science interventions of players including:
  + Facilitating strength, speed, conditioning, combat or mobility sessions
  + Administering physical testing batteries
  + Creating training programs or return to play programs as needed
  + Using sport science to monitor loading and player welfare/ development
  + Assisting with return to play and long-term injury players
  + KPI Tracking & Monitoring
* Local, domestic and international travel may be required at times, and as needed depending on the calendar of events.
* Reviewing and maintaining procedures and protocols reflective of industry best practices, and keeping informed of contemporary trends, tactics, techniques and strategies.

**Key Competencies and Personal Attributes**

* A strong desire to be a part of a team of staff and players who are striving to become the best Rugby nation in the world.
* Exceptional communication, interpersonal skills and personal integrity.
* Strong organizational skills, work ethic, and an ability to work in a fast-paced environment across multiple teams.
* Excellent problem solving, adaptability, and the ability to execute these skills under pressure.
* Ability to collaborate with an integrated support team, including communicating effectively and respectfully within the support team.
* Experience working with female athletes in a high-performance sport setting.
* Bilingual in English and French.

**Preferred Qualifications**

* Demonstrated coaching experience, including working with youth and female athletes.
* Experience with Sport Science technologies (VBT, Force Plates, GPS etc.) and S&C Software (Teambuildr etc).
* Strong theoretical and applied knowledge of the core principles of strength and conditioning as it relates to athlete performance.
* Strong technical knowledge and ability to teach and demonstrate various exercise techniques, running mechanics, plyometrics, agility/change of direction movements (including progressions and regressions of movements as required).
* Ability to adapt programming based on identified needs of athletes, including injured players in a return to play framework.
* Strong data organization, management and analysis skills.
* Familiarity with the Canadian Sport System.
* Trained in Mental Health First Aid.

**Required Qualifications**

* Undergraduate or Master’s degree in physiology, exercise science, sport science, or related field.
* NSCA-CSCS certification (or equivalent) (in progress acceptable for current undergrad students).
* Certified in Safe Sport.
* CPR-C/AED & First Aid.
* Sport Scientist Canada certification or affiliation (attained or in progress).
* Must be legally able to live and work in Canada

*Don’t have everything listed above? If you have some of these qualities and believe this is the position that will make you excited to come into work every day, then we want to hear from you!*

**Working Conditions**

Works closely with internal staff including Head S&C Coach of the women’s 7s and/or XV and Head Coach of the NextGen team, Athletes, Assistant Coaches, Therapists and other S&C coaches of the National Women’s Team and National Team Manager/Program Coordinators.

**How to Apply**

* Interested candidates are invited to submit a resumé and cover letter to [jobs@rugby.ca](mailto:jobs@rugby.ca) with the subject line “EOI S&C”
* The deadline for applications to be received is 11:00pm PT on Sunday May 24th, 2025.
* Due to the nature of the Expression of Interest you will only be contacted if there are upcoming roles which may be suitable for your experience and qualifications.

Please indicate in your cover letter:

* Whether you wish to be considered for a contractor, intern or volunteer.
* Your career goals and how this role might help support your growth as a practitioner.
* Whether you wish to be considered for future professional development opportunities as a practitioner and added to our practitioner network.
* Where in Canada you are located, and whether you have access to a gym or training facilities that could be used by a team or program while travelling or in a camp setting.