

**Job Title: Team Nutritionist**

**Reporting To:** Head Coach(s)/General Manager – High Performance

**Location:** National Training Camps, Domestic & International Competitions,

**Contract Type:** Part-time / Project-based

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**Position Overview:**

The Nutritionist will be responsible for designing and implementing evidence-based nutrition strategies that support the health, performance, and recovery of Indian National Rugby Sevens players. The role involves individualized meal planning, education, supplement guidance, and coordination with coaching and medical staff to integrate nutrition into the overall high-performance program.

Interested Candidates are required to submit CVs to [ankush.arora@rugbyindia.in](mailto:ankush.arora@rugbyindia.in) and [sourojit.ghosh@rugbyindia.in](mailto:sourojit.ghosh@rugbyindia.in)

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**Key Responsibilities:****1. Nutritional Planning & Monitoring:**

- Develop individualized nutrition plans based on training loads, playing positions, and athlete goals.
- Monitor body composition, hydration status, and energy availability through assessments.
- Adjust plans during training phases, travel, injury recovery, and tournament preparation.

**2. Athlete Education & Support:**

- Conduct nutrition education sessions covering topics such as:
  - Fuelling for performance
  - Recovery strategies
  - Hydration management
  - Travel nutrition
  - Cultural and practical food choices
- Guide players on smart food decisions both on- and off-field.

**3. Supplementation & Recovery:**

- Advise players on safe and appropriate use of supplements in line with WADA guidelines.
- Manage post-training/match recovery nutrition (shakes, snacks, rehydration protocols).
- Support injury rehabilitation with targeted nutrition strategies (e.g., for muscle repair, bone health).

#### **4. Meal Planning & Camp Catering:**

- Monitor food quality and hygiene standards.
- Provide practical support on meal prep for athletes where needed.

#### **5. Collaboration & Integration:**

- Work closely with S&C coaches, physiotherapists, and doctors to support holistic athlete development.
  - Provide nutrition reports and flag red flags related to eating behaviour or energy deficiencies.
  - Assist with nutrition-related data management and athlete profiling.
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#### **Qualifications & Experience:**

- Master's or Bachelor's degree in Nutrition, Dietetics, or Sports Nutrition
  - Certification from a recognized institution (e.g., ISSN, Sports Authority of India, INDI, AFN, or equivalent)
  - Minimum 3 years of experience working with high-performance athletes (team sports preferred; rugby or contact sports an advantage)
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#### **Skills & Attributes:**

- Deep understanding of sports physiology, nutrition periodization, and athlete fuelling strategies
  - Strong communication and interpersonal skills to influence behaviour change
  - Practical, culturally sensitive approach to dietary habits and food availability
  - Commitment to clean sport, safety, and athlete-first mindset
  - Willingness to travel and work irregular hours during training camps and competitions
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#### **Remuneration:**

Based on experience and qualifications; aligned with Rugby India and Sports Authority of India (SAI) standards.