

Job Title: Strength & Conditioning Coach**Reporting To:** Head Coach**Location:** National Training Camps, Competitions (Domestic & International)**Contract Type:** Project-based

Position Overview:

The Strength & Conditioning Coach will be responsible for planning, implementing, and monitoring the physical development programs of the Indian National Rugby Sevens Team. The role focuses on enhancing physical performance (strength, speed, endurance, power, agility), reducing injury risk, and supporting the return-to-play process, all aligned with the tactical and technical demands of rugby sevens.

Interested candidates are required to submit CVs to ankush.arora@rugbyindia and sourojit.ghosh@rugbyindia.in by 15th June 2025

Key Responsibilities:**1. Physical Performance Planning:**

- Design and implement long-term and short-term physical development programs tailored to the needs of rugby sevens.
- Periodize training to align with the competition calendar and individual player needs.
- Integrate strength, speed, agility, power, and energy system development into team schedules.

2. Performance Monitoring & Testing:

- Conduct baseline and periodic testing for strength, power, speed, and endurance.
- Monitor training loads using GPS, heart rate, RPE, and other relevant metrics.
- Track progress and adapt programs based on objective and subjective data.

3. On-Field Conditioning:

- Plan and deliver rugby-specific on-field fitness and conditioning drills.
- Ensure effective warm-up and cool-down protocols.
- Collaborate with coaching staff to align physical outputs with tactical objectives.

4. Injury Prevention & Rehabilitation Support:

- Work with medical staff to implement injury prevention strategies (e.g., neuromuscular control, mobility work, prehab).
- Design modified programs for injured athletes and guide return-to-play progressions.
- Assist with load management and monitoring during rehabilitation phases.

5. Education & Collaboration:

- Educate athletes on recovery, nutrition (in coordination with nutritionist), and self-monitoring.
 - Maintain open communication with coaches, physiotherapists, analysts, and support staff.
 - Maintain records, update performance dashboards, and report key insights to the high-performance unit.
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Qualifications & Experience:

- Bachelor's or Master's degree in Sports Science, Strength & Conditioning, Exercise Physiology or related field
 - World Rugby S&C Level 2 or equivalent certification
 - Minimum 3 years of experience in elite sport (experience in rugby, contact sports, or sevens format preferred)
 - Experience with GPS, athlete monitoring platforms (e.g., Smartabase, Catapult, Polar), and performance testing tools
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Skills & Attributes:

- Deep understanding of physical demands of rugby sevens and injury risk factors
 - Ability to design evidence-based programs that are adaptable and individualized
 - Strong data literacy for monitoring, evaluation, and reporting
 - High attention to detail, organization, and time management
 - Positive communicator who builds trust and drives athlete buy-in
 - Willingness to travel and work irregular hours with the team
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Remuneration:

Commensurate with qualifications and experience; aligned with Rugby India and Sports Authority of India (SAI) norms.