

## POSITION DESCRIPTION

<b>Black Ferns Assistant Strength and Conditioning Coach (Part Time)</b>	
<b>Department/Unit:</b> High Performance	
<b>Reports to:</b> Head Strength and Conditioning Coach	
<b>Location:</b> Negotiable	<b>Term:</b> 1 June 2026 – 31 December 2027
<b>Purpose of position:</b>	
<ul style="list-style-type: none"> <li>• Assist the head strength &amp; conditioning coach in the delivery of the strength and conditioning strategy across the team</li> <li>• To work with the players&amp; other staff members to ensure the players are in the best possible physical condition to perform on the field at the international level</li> </ul>	
<b>Key Results Areas:</b>	
<ul style="list-style-type: none"> <li>• Assist in gym strength and power programming (Non assembly and assembly)</li> <li>• Delivery of team and individual conditioning, speed and strength session whilst assembled in conjunction with other performance staff</li> <li>• Assist on field speed windows. Design and develop in conjunction with performance staff</li> <li>• Assist where directed in providing an integrated approach with medical team and coaches for RTP, injury prevention and recovery</li> <li>• Collect &amp; collate where directed gym based performance data via the technology utilised</li> <li>• Assisting where directed in delivering training and match warmups (and in game) / cooldowns and recovery sessions.</li> <li>• Where directed assist with field &amp; gym session set up/pack down</li> <li>• Where directed offer support &amp; assistance to all other areas of the management staff to ensure the best possible environment for the athletes to succeed</li> <li>• Assist with HUB and Academy resourcing and relationships as requested</li> </ul>	
<b>Contractor's Relationships/Interactions</b>	
<b>External</b>	<b>Internal</b>
<ul style="list-style-type: none"> <li>• Hub and Provincial Union Strength and Conditioning Coaches</li> </ul>	<ul style="list-style-type: none"> <li>• Black Ferns management</li> <li>• NZR HP Team</li> <li>• Player</li> </ul>