

NZ Sevens Assistant Strength and Conditioning Coach

As the NZ Sevens Assistant Strength and Conditioning Coach, you will play an important role in supporting the sustained success of the All Blacks Sevens and Black Ferns Sevens programmes. Working as part of an integrated high-performance team, you will lead the physical preparation and development of players not selected for tournaments, ensuring they remain ready to perform when opportunities arise. You will also lead the strength and conditioning components of the Return to Play process, supporting athletes to safely and effectively transition back into full team training following injury. Through close collaboration with coaches, medical and performance staff, you will contribute to creating a high-performance environment that develops resilient, physically prepared athletes capable of performing consistently on the world stage.

					
Location	Team	Leader	Employment Type	Direct Reports	Span of Control
Mount Manganui	NZ Sevens	Black Fern and All Black 7s Head Coaches	Fixed Term	Nil	Nil
Key Stakeholder Groups Internal: Black Fern and All Black Sevens Players and Management, NZR employees External: Super Rugby Clubs, Provincial Unions, Academy Managers, Coaches, Team Management & Other Support Personnel					

What You Do

Strength and Conditioning Programme Delivery

- To support NZ Sevens Strength and Conditioning staff. Specifically through;
 - Taking a 'Support' role when teams are training in the UoW Adams Centre for High Performance
 - Taking a 'Lead' role when either one of the teams (or both) are away for a tournament.
- Support and lead performance monitoring and testing where required
- Supervise strength, power and conditioning delivery for the All Blacks 7s and Black Ferns 7s

Injury Prevention and Return to Play programming for Black Fern and All Black Sevens

- Build physically dominant athletes
- Load progression-regression aligned to our games
- Drill design details aligned with our games
- Systems and Technology Support

Systems and Technology Support

- Manage the implementation of performance monitoring technology e.g GPS, Vald, Gymaware, Output, Smartabase and ensure regular reporting of information in an effective manner to S&C Coaches and Medical Staff and players as appropriate

Work effectively with other staff

- Work with both NZ Sevens 'Lead' S&C coaches to determine appropriate methods of implementing the strength and conditioning programme
- Work with the injury rehabilitation and return-to-play physiotherapist to ensure a coordinated and collaborative approach to each player's rehabilitation and reintegration
- Maintain good relationships with NZ Rugby staff and other Adams Centre facility users (BOP Rugby, Cricket, Athletics)

S&C Facility Maintenance

- Ensure the S&C training facility that is used is clean and organised prior to all HP S&C sessions

Other requirements

- Work at all times within professional code of ethics, conducts, standards and confidentiality
- Undertake any other duties as directed to meet team and organisational objectives

What You Bring

Key experience and skills include:

- Strength & Conditioning Expertise – Deliver high-performance strength and conditioning programmes that enhance athlete performance.
 - Injury Prevention & Return to Play – Support athlete resilience, rehabilitation and progressive return to performance.
 - Performance Monitoring – Use athlete testing, data and technology (GPS, VALD, GymAware, Smartabase) to inform training decisions.
 - Collaborative Approach – Work effectively within an integrated multidisciplinary high-performance team.
 - Programme Delivery – Lead or support programme delivery in line with team and competition requirements.
 - Professionalism – Demonstrate integrity, accountability and high standards in all aspects of the role.
-