

SCHEDULE 1
Job Description

NZ U20 STRENGTH & CONDITIONING COACH SERVICES

POSITION DETAILS			
Position Title:	New Zealand School's Strength & Conditioning Coach	Business Unit:	High-Performance
Reports to:	NZR High Performance Player Development Manager	Duration:	1st November 2026 – 31 st July 2027
Location:	N/A	Date:	10 th August 2026
Key relationships & contacts:	• NZ U20 management team • NZ Provincial Unions & Super Clubs • NZR High-Performance Talent Identification Manager • NZR High-Performance Player Development Manager • Super Rugby Talent Identification & Development Managers • Provincial Union Academy Managers • Provincial Union S&C coaches		

PURPOSE OF THE POSITION:

To provide strength and conditioning programmes, advice and supervision to NZU20 Players

		Accountability Statements:
1	To prepare the NZ U20 rugby players for the physical demands of the NZ U20 Programme and other future competitions they may be involved in.	1.1 Completion of daily monitoring of the players – provide feedback to management daily 1.2 Liaise with other members of the management team to ensure there is a co-ordinated and planned approach to the fitness preparation of the players for the team and to ensure those players' fitness levels meet team requirements 1.3 Provide education & resources to the players to support preparation and recovery, as relevant for their age and stage 1.4 Lead squad weight training sessions, including circuits, speed, anaerobic, stretch, sessions carried out along with any new initiatives as required. 1.5 Attend all matches and campaigns.
2	To minimise the risk of injury and fatigue affecting the players' ability to perform.	2.1 Passive and active recovery sessions following training and games as agreed with the coaches. 2.2 Training and match warm ups and warm downs as agreed with the coach. 2.3 Assist other team support personnel with rehabilitation for players as required.
3	To maintain comprehensive player records.	3.1 In association with the team Physiotherapist produce and maintain a record of fitness levels and injury status of all players in the squad and loaded onto NZR AMS. 3.2 Fill out relevant parts of the player IPPs and campaign reports as directed by the Campaign Manager and NZ U20 coaches.
4	Match day and training	4.1 Work with management to ensure match day timings are effective to prepare and recover the players. 4.2 Warm up players & be available as a water runner, on request of the head coach

5	To assist the NZ U20 Nutritionist in providing nutritional support for players in the squad during assembly and out of campaign, .	5.1 Co-ordinate team menus with providers and deliver dietary and nutritional advice for players in the team as per the program set by the NZ 20 Nutritionist.
6	To contribute to the overall goals of the squad including the culture of the team.	6.1 A successful and happy team, including mini team challenges 6.2 Attend seminars and workshops as may be arranged or organised by NZ Rugby at which the NZ Rugby considers attendance to be desirable.
7	Facilitate testing and support for players	7.1 Co-ordinate and run testing for regional visits leading into team selection.
8	Development Week	8.1 Be available to attend NZR Under 20 development week and take up a role as trainer of one of the teams 8.2 Lead the other S and C providers at the week.