



Harlequins

Founded in 1866, Harlequins is a rugby club that is recognised around the world, ranking among the best rugby clubs in this country and Europe. The Club is a founding member of the RFU and boasts more presidents than any other club and is well represented at the international level of the men's and women's game.

- Job Title:** Strength & Conditioning Volunteer (Unpaid position) 2019/20 Season
Company: Harlequin FC
Reporting to: Senior Strength & Conditioning Coach
Hours: Day-time working hours, typically working 3 days per week
Length of placement: 11 months (July 2019 till June 2020)
Volunteer Benefits: While this position is unpaid the experience is priceless, and the successful applicants will be given the following benefits;
- Adidas kit provided.
 - Training day food provided.
 - Personal use of the Harlequins training facilities.
 - Continued internal CPD opportunities delivered by the Harlequins S&C team.
 - Travel expenses contribution (up to a limit).

Key Roles and Responsibilities

- Support the S&C team in the set up and delivery of resistance training sessions working with small groups of athletes.
- Support the S&C team in the set up and of delivery of conditioning sessions.
- Support in the set up and delivery of speed sessions
- Delivery of a suitable warm up prior to rugby and/or conditioning sessions.
- On field support during rugby and/or conditioning sessions to the S&C, Sports Science and Coaching staff

Required Qualifications/Experience

- Sports science or Strength and Conditioning based degree.
- Evidence of previous experience in coaching individuals.

Desired applicant qualities

- Knowledge of the sport of Rugby Union.
- Knowledge of basic strength training exercises and the ability to coach these exercises.
- An ability to display proper lifting technique in various lifts including the Olympic lifts.

Harlequins is an equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates regardless of sex, race, disability, age, sexual orientation, gender reassignment, religion or belief, marital status, or pregnancy and maternity.

Please email your CV and a covering letter to jobs@quins.co.uk. Only successful applicants to be invited for interview will be contacted. Closing date for applications is **Monday 18th March**.

