



Founded in 1866, Harlequins is a rugby club that is recognised around the world. Harlequins is currently ranked amongst the best Premiership and Tyrrell's Premier 15s rugby clubs in this country and Europe. The Club is a founding member of the RFU and boasts more Presidents than any other club as well as a healthy dose of international players across both it's Men's and Women's team.

The Harlequin Academy forms part of the RFU's Regional Academy network with the primary responsibility of this position being to identify and develop the next generation of players for Harlequins FC and England, through the years Harlequins have developed a leading academy program that has seen the development of players such as Joe Marler, Chris Robshaw, Marcus Smith and many more.

We are looking for highly motivated individuals to join our vastly skilled and experienced multidisciplinary team to aid in the growth and development of our young talented athletes. Ranging from our Development Player Program (DPP) all the way through to our university aged players.

Job Title:	Part time Academy Strength & Conditioning Volunteer (unpaid position) 2021/22 season.
Company:	Harlequins FC.
Location:	Catchment Areas: Surrey, Sussex and London Boroughs of Lambeth, Wandsworth, Croydon, Kingston-Upon-Thames, Merton, Richmond-Upon-Thames (South of the River) and Sutton
Reporting to:	Academy Strength and Conditioning Coach
Hours:	Mon to Fri / 5-10 hrs total per week / afternoons and late evenings. More hours available upon request.
Length of placement:	From September 2021 to May 2022.

Volunteer Benefits

- Continued internal CPD opportunities delivered by the Harlequins Athletic Performance Team over the course of the placement.
- Travel expenses contribution (up to a certain limit).
- Opportunity to assist with the senior academy athletic performance sessions.
- Learn the use of athlete management systems and athlete testing technology such as; Catapult Openfield GPS system, Kitman Labs, Optojump and Nordbord, just to name a few.





Key Roles and Responsibilities:

- Assist with programming and delivery of weekly gym and pitch-based sessions at our relevant training sites within our catchment areas.
- Assist in screening, testing when required.
- Collect data and input it to our athlete management system to assist in creating various reports.
- On field support during rugby and/or conditioning sessions to the academy strength and conditioning coach and coaching staff.

Required Qualifications/Experience:

- Currently undergoing or post a sports science or a strength and conditioning based degree.
- Evidence of previous experience in coaching individuals or small groups, preferably with youth population.
- Must have a up to date DBS.

Desired applicant qualities:

- Knowledge of working with youth athletes with an understanding of long-term athletic development.
- Knowledge of the basic strength exercises and the ability to coach these exercises.
- An ability to display proper lifting technique in various lifts including the Olympic lifts.
- Working towards a national governing body/recognised S&C qualification.

Behaviours:

- **Customer Focus** - Commits to not just meeting but exceeding the expectations and requirements of internal and external clients; acts with customers in mind; values importance of providing high-quality customer service
- **Interpersonal sensitivity** - Interacts with others in a sensitive and effective way. Respects and works well with others.
- **Quality orientation** - Shows awareness of goals and standards. Follows through to ensure that quality and productivity standards are met.
- **Planning and organizing** - Organises and schedules events, activities and resources. Monitors timescales and plans
- **Initiative Taking** - Takes action to achieve goals beyond what is expected; drives to bring issues to a successful closure
- **Teamwork** - Responds and relates well to people in all positions; is seen as a team player, and is cooperative; looks for common ground, and solves problems for the good of all
- **Results orientation** - Focuses on desired results and achieves challenging goals.

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 to jobs@quins.co.uk.

Closing date for applications is **Friday 10th September 2021**.

Only applicants to be invited for interview will be contacted.

