

**NEW ZEALAND MAORI  
STRENGTH AND CONDITIONING COACH**

<b>JOB TITLE:</b> New Zealand Maori Strength and Conditioning Coach	<b>DEPARTMENT/UNIT:</b> Rugby
<b>CURRENT POSITION HOLDER:</b>	<b>REPORTS TO:</b> <ul style="list-style-type: none"> <li>• New Zealand Maori Team Coach/Manager</li> <li>• Also reports to NZRU High Performance Player Development Manager and Sports Science Manager</li> </ul>

**PURPOSE OF THE POSITION:**

To be responsible for the provision of strength and conditioning services and management to the New Zealand Maori players and team management.

	<b>Expected Performance Outcomes:</b>
<i>Strength and Conditioning Services</i>	<ul style="list-style-type: none"> <li>• Liaise with other members of the management team and the NZRU Sports Science Manager to ensure there is a co-ordinated and planned approach to the fitness preparation of the players for the team and to ensure those player's fitness levels meet team requirements.</li> <li>• Attend all NZ Maori team training sessions and matches.</li> <li>• Run all recovery sessions for the players following NZ Maori training and matches.</li> <li>• In conjunction with the NZ Maori Team Doctor and NZRU High Performance Nutritionist, co-ordinate team menus and provide dietary and nutritional advice for players.</li> <li>• In conjunction with the NZRU High Performance Nutritionist, prescribe and supply training supplements for the players as required and as necessary, taking into account any guidelines for the prescription of supplements to players as communicated by NZRU from time to time.</li> <li>• Provide a hydration plan for players during NZ Maori team matches and training.</li> <li>• Co-ordinate the warming up of players for the team prior to training and matches in association with the NZ Maori Coach and NZ Maori Assistant Coach.</li> <li>• Run passive and active recovery sessions following NZ Maori games as agreed with the NZ Maori Coach.</li> <li>• Ensure that all information relating to training load, volume, contact measures, and fitness testing is recorded and relevant training information is reported to the Sports Science Manager and Air NZ Cup strength and conditioning coaches at the completion of the NZ Maori tour.</li> <li>• In association with the NZ Maori Doctor and NZ Maori Physiotherapist, produce and maintain a record of the fitness levels and injury status of all the players in the team, and make that record available to members of the management team as required.</li> <li>• Produce such reports as the NZ Maori team management and/or the NZRU requires on matters including, but not limited to, the fitness of the players for the team.</li> <li>• Attend seminars and briefing sessions as may be arranged or organised by the NZRU, at which the NZRU considers your attendance to be desirable.</li> <li>• Undertake such other Strength and Conditioning Coach responsibilities and tasks as reasonably required by NZRP or the NZRU from time to time.</li> </ul>
<i>Other</i>	<ul style="list-style-type: none"> <li>• Management Meetings: The NZ Maori Strength and Conditioning Coach will</li> </ul>

	<p>be required to attend all key management meetings:</p> <p>(a) (b) called by the NZ Maori Coach or the NZ Maori Manager at which the NZ Maori Strength and Conditioning Coach presence is required by the NZ Maori Coach or the NZ Maori Manager.</p>
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**REQUIREMENTS:**

The appointee will be suitably qualified as a Strength and Conditioning Coach and experienced in both nutrition advice and physical conditioning in an elite sporting environment.

**RELATIONSHIPS /INTERACTIONS:**

External	Internal
<ul style="list-style-type: none"> <li>• Provincial Union Strength and Conditioning Coaches</li> <li>• Provincial Union Academy managers</li> <li>• Groundsmen</li> </ul>	<ul style="list-style-type: none"> <li>• New Zealand Maori players and management team</li> <li>• NZRU High Performance Team</li> <li>• NZRU Sports Science Manager</li> </ul>

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**Manager's Signature**  
**Date:**

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**Job Holder's Signature**  
**Date:**