



# Cheshire Rugby Football Union

(EST. 1875)

## ***U16 Strength and Conditioning Coach***

Cheshire RFU is seeking a Strength & Conditioning (S&C) Coach to support physical development within the Under 16s Girls PDG – Foundation Phase. This role focuses on building athletic foundations appropriate for age-grade female players.

### **Role Overview**

- Sessional contractor role
- Based in Cheshire
- Works with coaching and medical staff to support physical development

### **Key Responsibilities**

- Deliver age-appropriate athletic development sessions aligned with England Rugby principles.
- Support movement competency and injury-prevention strategies.
- Provide individual guidance to players as part of their development plans.
- Collaborate with physio and coaches to ensure safe progression.
- Educate players on training habits, recovery, and wellbeing.

### **Essential Requirements**

- S&C qualification (UKSCA, degree in sport science, or equivalent)
- Experience working with youth athletes
- Understanding of female athletic development
- Current DBS

### **How to Apply**

To apply for the role of Cheshire RFU U16 PDG Strength and Conditioning Coach role, please submit:

- A CV outlining relevant coaching experience and qualifications
- A covering letter explaining your suitability for the role and your commitment to women and girls' rugby in Cheshire

**Please send both documents to: [cheshirerfuwomenandgirls@gmail.com](mailto:cheshirerfuwomenandgirls@gmail.com)**