

2026 Rugby Victoria Elite Academy S&C Lead

Part-Time | Contract Position | Rate Negotiable

Overview

Rugby Victoria is seeking applications for an Elite Academy Strength & Conditioning Coach to lead the delivery of physical preparation across our 2026 Elite Academy and State Team pathways. This key role ensures athlete development aligns with:

- Rugby Victoria's Physical Development Framework
- Rugby Australia National Pathway Standards
- Long-term athlete development and talent acceleration principles

The Academy S&C Coach leads the physical component of the Rugby Victoria Elite Academy and delivers S&C services across multiple representative team programs throughout the year.

This is a part-time, contract-based role, with rate to be discussed based on experience and scope.

Role Purpose

The Academy S&C Coach plays a central part in preparing Victorian athletes for higher performance environments by:

- Leading the S&C program within the RV Elite Academy, and
- Providing physical preparation support across multiple State Team programs (boys, girls, men, women, XVs/7s).
- The role ensures consistency, safety, and alignment across the entire pathway and works closely with coaches, physiotherapists, and the Head of Elite Pathways.

Key Areas of Responsibility

1. Elite Academy Program Delivery

- Lead the physical preparation and conditioning program for Academy athletes.
- Deliver age-appropriate strength, power, speed, and conditioning training.
- Conduct and analyse athlete profiling, testing, and monitoring.
- Collaborate with physiotherapy staff on injury prevention and rehabilitation integration.
- Provide individual development plans and feedback to athletes.

2. S&C Delivery Across Multiple State Team Programs

- Deliver S&C support across several RV representative teams (U15–U19 and/or senior).
- Provide warm-ups, conditioning, recovery protocols, and monitoring during campaigns.
- Support trial processes, training blocks, camps, and competitions.
- Ensure consistency between Academy → State Team physical development standards.

3. Athlete Monitoring & Talent Support

- Maintain accurate athlete data, reports, and monitoring dashboards.
- Identify emerging talent with physical profiles suited to higher pathway progression.
- Communicate physical readiness and loading recommendations to coaches.

4. Multidisciplinary Collaboration

- Work closely with coaches, physios, medical staff, and analysts.
- Contribute to athlete case meetings and performance reviews.
- Ensure clear communication and alignment across all programs.

Key Outcomes

- Increased physical readiness of Victorian athletes for national pathway selection.
- Delivery of a unified, evidence-based physical preparation model across RV programs.
- Safe, development-focused training environments that prioritise long-term progression.
- Effective collaboration within a multidisciplinary performance team.

Required Criteria

- ASCA Level 2 Accreditation (or working towards).
- Strong understanding of youth physical development & LTAD principles.
- Experience delivering S&C in rugby or comparable field sports.
- Ability to design and implement structured training programs.
- Strong communication and teamwork skills.
- Availability for scheduled training and representative commitments.
- Valid Working With Children Check (or willingness to obtain).

Desired Criteria

- Experience in high-performance or representative environments.
- Understanding of Rugby Australia's physical development expectations.
- Relevant tertiary qualifications (Exercise Science, S&C, Human Performance).
- Experience working within multidisciplinary teams.

Benefits

- Lead physical development for Victoria's premier youth pathway program.
- Work across multiple representative teams and performance environments.
- Professional development and mentorship support.
- Contract-based remuneration (rate to be negotiated).
- Direct impact on the future of Victorian rugby performance.

How to Apply

Submit your application to braydon.peterson@vic.rugby

Please include:

- CV
- Brief cover letter outlining:
 - Relevant S&C experience
 - Suitability for the role
 - Availability and program preference

Applications close: Friday 9th of January 2026