

Matatū Rugby Sports Science Role

Job Title: Part-Time Sport Science Lead – Matatū Rugby

Location: Hybrid (Remote + In-person as required)

Contract Duration: 11 May –2 August (aligned with Super Rugby Aupiki campaign)

Hours: Approximately 8 hours per week

Role Overview

The Sport Science Lead will play a key role in supporting the Matatū Super Rugby Aupiki campaign by delivering high-quality performance monitoring, data analysis, and athlete management support. This role focuses on using evidence-based practices to enhance player performance, inform coaching decisions, and contribute to a high-performance environment.

Key Responsibilities

Performance Monitoring & Data Analysis

- Lead the collection, monitoring, and reporting of GPS data from training sessions and matches
- Analyse player workload, intensity metrics, and movement patterns
- Provide actionable insights to coaching staff on player performance and readiness

Athlete Testing & Prescription

- Conduct and interpret physical performance testing (e.g., speed, strength, conditioning metrics)
- Develop individualised training recommendations based on data insights
- Monitor athlete progression and flag injury risk indicators

Training & Performance Support

- Collaborate with coaches to align physical preparation with tactical objectives
- Assist in planning and adjusting training loads across the campaign
- Support return-to-play protocols in collaboration with medical staff

Innovation & Systems Development

- Identify opportunities to improve performance tracking and monitoring systems
- Implement new technologies or methodologies to enhance athlete development

- Maintain and optimise databases for athlete performance tracking

Communication & Reporting

- Deliver clear and concise weekly reports to coaches and staff
- Communicate insights effectively to both technical and non-technical audiences
- Contribute to performance review meetings as required

General Support

- Stay up to date with current sport science research and best practices
- Assist with logistical support for testing and monitoring when required
- Uphold a high-performance culture aligned with team values

Key Skills & Experience

- Background in Sport Science, Exercise Physiology, or related field
- Experience with GPS systems (e.g., Catapult or similar)
- Strong data analysis and interpretation skills
- Ability to translate data into practical coaching insights
- Excellent communication and organisational skills
- Experience in elite or semi-elite team sport environments (rugby preferred)

Working Structure

- Approx. 5 hours per week, flexible distribution
- Combination of remote analysis/reporting and in-person attendance (as needed for training/match days or testing)

Model:

Updated Model B (Adjusted for \$4,500)

Key Numbers

- Duration: ~17 weeks
- Budget: \$4,500

Adjusted Rate & Hours

- **Hourly rate:** ~\$53/hr
- **Hours/week:** 5
- **Total hours:** 85
- **Total cost:** ~\$4,505 (very close to budget)

Clean, simple, and still delivers consistent weekly impact.

Why This Still Works

This keeps the **core strength of Model B:**

- Consistent weekly monitoring
- Regular coach communication
- Ongoing athlete management

But requires:

- Slightly more efficiency
- Clear prioritisation of high-value tasks

How to Structure the 5 Hours Per Week

Weekly Allocation (Optimised)

- **1.5–2 hrs** → GPS data processing & quality control
- **1–1.5 hrs** → Analysis + short report/dashboard update
- **1 hr** → Coach check-in (key insights only)
- **0.5–1 hr** → Athlete recommendations / flags
- **0.5 hr** → System improvements / planning

Key Adjustment to Make This Successful

With a slightly lower hourly rate, success depends on **tight role definition**:

1. Prioritise High-Impact Work

Focus on:

- Training load monitoring
- Injury risk flagging
- Weekly insights for coaches

Reduce:

- Overly detailed reporting
- Non-essential admin
- Excessive in-person attendance

2. Set Clear Deliverables

To maximise value, define:

Weekly:

- GPS summary (training & competition weeks)
- 3–5 key insights for coaches
- Player flags (high load / undertraining / return-to-play)

Fortnightly:

- Slightly deeper trend analysis

Campaign:

- Start: baseline testing + system setup
- Mid: progress check & training week optimisation
- End: performance summary & recommendations

3. Be Smart With In-Person Time

Given budget constraints:

- Attend only:

- 1 Key training session per week (e.g., high-load days)
- Testing sessions

Everything else = remote optional

Optional Tweak (If You Want a Bit More Flexibility)

You could slightly vary hours:

- **Base weeks:** 4.5 hrs
- **Heavy weeks (testing / big matches):** 6 hrs

Still averages ~5 hrs/week but allows better impact where it matters.

Reality Check

At this budget level, this role will be:

- **A lean, efficient sport science function**
- Not a full high-performance department

But if executed well, it will still:

- Improve decision-making
- Reduce injury risk
- Lift player preparation quality

Simple Summary

- **Rate:** \$48/hr plus GST
- **Hours:** 8 hours/week
- **Model:** Consistent, efficient, insight-driven