

Women's Rugby – Lead Nutritionist

This role is responsible for delivering, overseeing and aligning nutrition support across our women's performance pathway. You will be responsible for delivering an evidence-informed, player-centred service which enhances the performance of our senior players and accelerates the development of our pathway players.



About the Role

Service Delivery

- Support players in Scottish Rugby's Women's and Girls Performance and Pathway Programme in line with the performance strategy and the wider nutrition strategy.
- In campaign: Operate as part of the Scotland Women Management Team.
- Out of campaign: Support players of national interest in their local environment inclusive of Central Programme, Academy Programme, Celtic Challenge, and Scottish-qualified players.
- Oversee the implementation of nutrition strategies throughout the player pathway.
- Coordinate with chefs, catering providers, and operations colleagues for home, travel, and away nutrition support across senior and age-group programmes.
- Profile and continually monitor player nutrition status and drive the integration of nutrition into Player Development Plans.
- Utilise Teamworks AMS to provide connected nutrition support and assess the impact of nutrition interventions.

Strategy

- Continue to develop, implement, and monitor an evidence-informed and innovative strategy for nutrition which is specific to the Women's Performance Programme and appropriately aligned with the wider Scottish Rugby nutrition strategy.
- Work with the Head of Nutrition on performance planning to ensure campaigns are thoroughly planned, monitored, and reviewed.
- Engage with internal, academic, and industry partners to benefit the understanding and delivery of nutrition support to the pathway programme.
- Continue to develop a culture of nutrition excellence through all our Women's and girls' programmes.

Governance & Compliance

- Comply with the maintenance, quality control, and record keeping of nutrition products and equipment across sites, ensuring excellence in governance standards are routinely met.
- Maintain professional and ethical standards in line with SENr and Scottish Rugby policy.
- Promote the role of food and nutrition within rugby and the wider rugby community, being an ambassador for health and performance.

Stakeholders

This role works with a wide variety of internal and external stakeholders to ensure collaborative working across all areas:

- Scotland Women Management Team
- Head of Nutrition and wider Nutrition team
- Scotland Women Central Programme, National Academy, National Age Group and Celtic Challenge colleagues
- High Performance and Rugby Development Department colleagues
- Scottish Rugby Nutrition partners and suppliers

"Our ambition is that everyone in Scottish Rugby feels a sense of 'belonging' by being clear on the purpose of their role, feeling valued as a member of the team, and connected to colleagues across all areas of the organisation"

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Key Skills

Business Enablers

- **Passion-Performance:** You'll bring a clear and controlled passion for nutrition, not as a standalone agenda, but as a driver of performance outcomes. Consistently championing nutrition's role as a critical, integrated variable within the wider performance environment.
- **Communication:** You deliver clear, engaging, and contextually tailored messages which translate complex information into understanding and action, even in high-pressure environments. Demonstrating strong interpersonal skills, empathy and creativity, throughout.
- **Influence:** You shape behaviours and decisions through trust, presence, and confident conversations, guiding players and colleagues towards better choices, holding standards and challenging constructively.

Knowledge & Experience

- Degree in Nutrition, Dietetics or Sports Science
- Higher degree in Sport & Exercise Nutrition
- Practitioner registration with Sport and Exercise Nutrition Register (SENR)
- Minimum of 5 years' experience as a practicing registered performance nutritionist, preferably in rugby union
- Demonstratable experience of working with high performance female athletes and understanding their collective and individual needs
- Significant experience of monitoring body composition in female athletes
- Significant experience of working in an interdisciplinary manner
- Satisfactory PVG check
- A full, valid driving licence is essential

Working Logistics

Location: Edinburgh – Scottish Gas Murrayfield and Oriam

Working Pattern: Full time, the ability to work flexible hours due to working in performance sport, this will include evening and weekend working and involve an irregular work pattern. The role will also involve regional, national and international travel.

Contract Type: Fixed term, 2-3 years

Reports To: Head of Nutrition