

# SENIOR NUTRITIONIST – ACADEMY

This role is responsible for delivering, overseeing and aligning nutrition support across our men's Academy Programme. You will be responsible for delivering an evidence-informed, player-centred service which accelerates the development of our players across Edinburgh Rugby and Glasgow Warriors Academies.



## About the Role

### Service Delivery

- Support players in Edinburgh Rugby and Glasgow Warriors Academy Programmes to accelerate their development as rugby players through consistent application of evidence-informed nutrition strategies.
- Align the approach with the wider Scottish Rugby nutrition strategy but embedded locally within the club's culture and team operations.
- Emphasise nutrition education and skill development for both immediate performance return and as a long-term rugby investment.
- Engage with members of the multi-disciplinary team, particularly understanding the requirements of coaches, athletic performance, and physiotherapy colleagues to collectively develop players.
- Coordinate with chefs, catering providers, and operations colleagues for home, travel, and away nutrition support.
- Profile and continually monitor player nutrition status and drive the integration of nutrition into Player Development Plans.
- Use data and performance metrics to assess nutritional interventions, integrating Teamworks AMS into your practice.

### Strategy

- Continue to develop, implement, and monitor an evidence-informed and innovative strategy for nutrition which is specific to Academy players.
- Build relationships, achieve consistency, and manage operational differences between two different club cultures.
- Develop vertical and horizontal alignment within the pathway and National Age Grade Programme and retain accountability for player development as they move between programmes.
- Engage with internal, academic, and industry partners to benefit the understanding and delivery of nutrition support.

### 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:

- Edinburgh Rugby and Glasgow Warriors Academy colleagues
- Head of Nutrition and wider Nutrition Team
- Senior professional team colleagues
- National Age Grade Programme and National Talent Pathway 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

### High Performance

- **Emotional Intelligence & Interpersonal Skills:** Acknowledging the multitude of demands on young players time and attention, your success will be heavily influenced by your ability to land high-impact messages and connect with players to understand their barriers and enablers.
- **Communication:** You deliver clear, engaging, and contextually tailored messages which translate complex information into understanding and action, even in high-pressure environments.
- **Influence:** You shape behaviours and decisions through trust, presence, and confident conversations. Guiding players and colleagues towards improved 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) or ability to work towards this within 2y
- Minimum of 3 years' experience as a practicing registered performance nutritionist, preferably in rugby union
- Demonstratable experience of working with high performance athletes and understanding their collective and individual needs
- ISAK Level 1 (minimum)
- 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 Glasgow (Scotstoun Stadium)

**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 require regular presence at both sites.

**Contract type:** 2 Year, Fixed Term Contract

**Reports to:** Head of Nutrition