

## Curriculum Vitae

JAMES GREENWOOD (RFU ID 118962)

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Name: James Greenwood

Home Phone: N/A

D.O.B: 30<sup>th</sup> January 1984

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### Key skills;

- **Ex-Professional, International Rugby player**
- **Experienced, respected, Level 3 coach with 18 years of coaching experience**
- **Natural leadership and mentoring skills which connect across genders and age groups**
- **Adept at adjusting coaching techniques and planning to groups and individuals**
- **A passionate, committed advocate for the game**

### Current coaching commitments;

- U18 Head Coach - Robert Gordon's College Aberdeen
- Head Coach Gordonians RFC - Tennants National 3 League
- Assistant coach P4 - S4 Rugby at Robert Gordon's College
- FOSROC Academy Caledonia U18 Head Coach 2022
- Lead Coach Caledonia North PDP Group 2019-current
- Glasgow Warriors U18 Defence, Lineout Coach 2022- current
- World Rugby/SRU Coach Educator

### **Rugby Background – COACHING**

#### **Head Coach - Gordonian RFC (Tennants National 3)**

Key achievements/responsibilities

- Planning and Delivery of cultural changes to the club
- Protection of clubs numerous recruitment avenues (RGC, AU, RGU)
- Goal setting for both teams in line to achieve club progression through national leagues

#### **Head Coach - Southampton Ladies RFC (NC 2 Southwest)**

Key achievements/responsibilities

- Planning of two 90 minutes' sessions per week for up to 35 players
- Collaboration of key stakeholders including RFU & local universities
- Instrumental in instigating culture change in order to support club growth
- Lead on RFU Inner Warrior camps to generate influx of new players

#### **Head Coach – Fordingbridge RFC Senior Men (Snows Hampshire 1) October 2016**

### Key achievements/responsibilities

- Planning of two 90 minutes' sessions per week for up to 25 players
- Planning to include the delivery of two other coaches
- Integration of the Colts team into our sessions in line with RFU guide lines
- Input at selection meetings regarding the upcoming team
- Collating feedback from games/injuries in accordance with our club selection policy
- Short/long term goal setting for both 1<sup>st</sup> and 2<sup>nd</sup> XV

### **Forwards Coach – Fordingbridge RFC Colts**

**June 2013 – 2016**

### Key achievements/responsibilities

- Planning of two 90 minute sessions per week aimed at development of the forwards
- Development and delivery of individual position specific sessions for each player
- Management of personal feedback to each player in accordance with their individual goals
- Input at team selection based on those players, ensuring they get game time and develop

### **Forwards Coach – Hampshire Ladies Rugby Union / Trojans Ladies RFC (Championship)**

**June 2016 – 2018**

### Key achievements/responsibilities

- Planning sessions in accordance with the vision of the head coach
- Feedback for all forwards, development led
- Analysis of the game at elite player level
- Interrogation of key metrics at game time, session planning based on this
- Video analysis of games and delivering feedback on our metrics
- Goal setting, reference our team metrics
- Injury management
- Individual player profiling

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### **Rugby Background – PLAYING**

Fordingbridge RFC – 1<sup>st</sup> XV Starting Hooker - June 2006 – December 2015

Hampshire RFU – 1<sup>st</sup> XV Starting Hooker - 2014/2015 Season

Newbury RFC – 1<sup>st</sup> XV Squad Member 2004 – 2006

London Welsh – 1<sup>st</sup> XV Squad member 2003 – 2004

London Irish Academy Professional – 2001 – 2003

England U19's – 2002 (12 caps)

Saracens Academy – 1999 – 2001

England Clubs U18's – 2001 (5 caps)  
County Captain & Starting Hooker – 1998 – 2001  
Fordingbridge RFC Player numerous age groups 1992 – 1998

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### **CPDs and Qualifications**

Rugby Ready  
RFU Level 1 coaching award  
RFU Level 2 Coaching award  
RFU Level 3 coaching award  
DBS checked – 001549465737  
CPD – Coaching Defence in Phase Play in the 15 a-side game  
CPD – Maul & Ruck (adult)  
CPD - Scrum Factory  
CPD – Player Profiling  
CPD – Planning & Periodisation  
CPD – Game Planning  
CPD – Goal Setting  
Play it safe, Rugby Ready, Headcase, Safeguarding  
World Rugby Strength & Conditioning Level 1  
World Rugby Coach Educator