



High Performance Cook

Location: National Rowing Centre, Farran Wood, Cork, Ireland

Contract Type: Full-time

Role: High Performance Cook

About Us

Rowing Ireland is a membership organisation funded by Sport Ireland. We are responsible for the development and participation of flat-water, coastal, and indoor rowing across Ireland. Our work spans from grassroots engagement to the training and selection of rowers and crews representing Ireland on the international stage. At the core of our organisation are Rowing Ireland Affiliated Clubs (referred to as 'Clubs'), which form the backbone of our community. We are dedicated to ensuring the continued growth and success of the sport, from encouraging participation at the local level to achieving podium success at the Olympic Games.

Our **Strategic Plan 2024-2029** is built upon four key pillars:

1. **Participation:** Driving growth in rowing across all demographics, promoting inclusivity, and ensuring accessibility to the sport at all levels.
2. **Performance:** Enhancing the pathways to elite success, supporting athletes, coaches, and teams to achieve their highest potential.
3. **Sustainability:** Building long-term resilience for the organisation and its Clubs, ensuring financial and environmental sustainability.
4. **Collaboration:** Strengthening partnerships and fostering connections within the rowing community and with external stakeholders.

Rowing Ireland is seeking a **highly motivated and organised individual** to join our team as a **High Performance Cook**. This dual-role position will support athlete welfare and provide practical culinary and kitchen services assistance to Rowing Ireland's High Performance programs.

Summary

This role is essential in supporting the health, wellbeing, and performance of Rowing Ireland's athletes. The HP Cook will work directly with coaches and team nutritionists to

provide support and guidance, while also offering practical assistance in preparing meals at the NRC. They will collaborate with the HP Operations Officer and NRC Co-ordinator to manage kitchen facilities and ensure the delivery of meals and food items at appropriate times in line with training schedules. Together with the coaches and nutritionists, the HP Cook will be supporting nutrition education and will help in creating a supportive environment for athletes. This combined approach ensures athletes are physically nourished and emotionally supported, enabling them to perform at their best.

Key Responsibilities

Nutrition and Culinary Support

- Take the lead in preparing and cooking fresh, nutritious meals tailored to the specific dietary needs of athletes during training camps and competitions.
- Work closely with sports dietitians and High-Performance staff to translate meal plans into practical, appealing dishes that support performance goals.
- Oversee the ordering, storage, and organisation of all food supplies, maintaining high standards of hygiene and food safety at all times.
- Provide on-site culinary support during camps and events — including menu planning, cooking, plating, and service — to ensure athletes receive the right nutrition at the right time.

Athlete Welfare

- Act as a contact for athletes, providing guidance and support to ensure their refuelling and welfare needs are met.
- Engage in regular communication with athletes, building trust around food and training.
- Work collaboratively with coaches, medical staff, and High-Performance personnel.

Communication and Coordination

- Maintain open lines of communication between athletes and High Performance staff. Provide regular updates and feedback to the Head of High Performance and CEO on athletes.

Requirements

- Bring proven experience in food facilities management in a communal setting — such as a school, college, or similar environment — where nutritional requirements are a primary consideration.
- Proven experience in meal preparation. Strong interpersonal and communication skills, with the ability to build rapport and trust with athletes and staff.
- Organisational skills to manage multiple responsibilities, including logistical planning.
- Flexibility to work evenings, weekends, and travel to training camps and competitions when required.

- Experience in food facilities management in a communal setting e.g. school, college, where nutritional requirements are a primary consideration and advantageous.

Salary and Benefits

- Daily hours 8am – 3pm
- Opportunities for professional development and training
- Flexitime schedule with the potential for evening and weekend work from time to time

Application Process

To apply, please submit your **CV and cover letter** clearly outlining your relevant experience and your strategic vision for this role to info@rowingireland.ie.

Rowing Ireland is an equal opportunity employer, committed to equality and diversity. Applications from all suitably qualified candidates are welcomed.