



WWW.RUGBYACADEMYIRELAND.IE

CAOIMHE MORRIS

WOMEN'S RUGBY ACADEMY COORDINATOR

C U R R I C U L U M V I T A E

Caoimhe has been involved in rugby for the past 6 years, starting out as a player before moving into coaching. Following the completion of her BA in Sports Coaching, she moved into coaching youth's rugby (u12-u18) for 4 years in Railway Union RFC and has for the past 2 years coached in Mount Temple Comprehensive School. Caoimhe was also a coach at the Leinster Rugby School of Excellence in 2019. She has experience building programs from scratch and developing the skills and knowledge of female rugby players, whatever their experience level.

Caoimhe is a well-educated coach with a background in strength and conditioning, physical therapy and sport science. Alongside her role in RAI, Caoimhe is the Head Coach of the Mount Temple SCT Boys and JCT Girls teams, a sport scientist & performance coach with Basketball Ireland, and Head of Education & Learning with Deely Sport Science.

Qualifications:

- BA Sports Coaching & Management
- MSc Sports Performance
- IRFU Certified Conditioning Coach
- IRFU Stage 3: Head Coach
- IRFU Spirit of Leadership Graduate 2020

Experience:

- Head Coach, Mount Temple Comprehensive Girls Junior Team
- Head Coach, Mount Temple Comprehensive Boys Senior Cup Team
- Sport Scientist, Basketball Ireland
- Performance Coach, Irish Women's u20s team, Basketball Ireland
- Head of Education & Learning, Deely Sport Science
- Leinster School of Excellence Girls Coach, 2019
- Head Coach, Railway Union RFC Youth Girls 2017-2020
- Head of Strength & Conditioning, Cill Dara RFC Men's Senior Teams
- Strength & Conditioning Coach, Raheny GAA
- Strength & Conditioning Coach, North Midlands u16 & u18 Teams, Leinster Rugby
- Lecturer, Pro-Fi Fitness School

