

## Speaker Biography:

### Rich Hunwicks Mres, BSc Hons, ASCC

Rich is a distinguished high-performance coach and physical performance consultant with over two decades of experience in elite sport. He has held pivotal roles in elite environments including the English Institute of Sport, Leeds Rhinos, Catalans Dragons, and with the England National Team.

Rich began his professional journey at Leeds Rhinos, contributing to their back-to-back Super League Grand Final victories in 2011 and 2012. He later served as Head of Performance at Catalans Dragons from 2017 to 2021, during which the team secured the Challenge Cup in 2018, topped the Super League table in 2021, and reached their first-ever Grand Final.

Internationally, Rich was England Rugby League's Head of Human Performance from 2013 to 2017, playing a key role in the team's journey to the 2017 Rugby League World Cup Final.

His career "leading from the shadows" has seen him influence & be influenced by some of the greatest sportsmen of recent times & coaches including, Kevin Sinfield OBE, Rob Burrow, Sam Tomkins, George Ford & Wayne Bennett.

In recognition of his contributions to the field of high performance coaching, Rich was named the UK Strength and Conditioning Association (UKSCA) Professional Coach of the Year in 2017. He also served as a Director and Vice Chair of the UKSCA from 2018 to 2021, further demonstrating his commitment to advancing the profession.

Rich holds an MRes and BSc (Hons) and is an Accredited Strength and Conditioning Coach (ASCC). His expertise lies in integrating scientific principles with practical strategies to foster high performance behaviours & cultures in both teams & individuals in sports and corporate settings. As a consultant, Rich is now a sought-after motivational speaker, pro-sport advisor and corporate performance and leadership coach specialising in transformational change.

