



Sports Services: Job Description

Strength and Conditioning Support / Performance Testing Newcastle Elite Academy (NEA)

STUDENT PLACEMENT/VOLUNTEER ROLE

The role

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Opportunity to support and shadow the strength and conditioning programme at NEA.
Potential academic project to deliver testing through SS department to set up/ carry out and analyse findings of testing set undertaken with NEA squads.

To deliver 3 testing windows throughout the season, providing analysis and relevant feedback on the results. This should include baseline testing and 2 other windows of testing.

Hours and Rate of Pay

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Scheduled testing days followed up with analysis and feedback windows.

Average of 1.5 hours per week but work in longer blocks.

Opportunity to follow up testing with 1 to 1 / small group sessions to discuss aims.

Existing S and C delivery takes place from 1-3pm on a Thursday at NU Sport Centre

Reporting to

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Internal S and C coach and respective team head coach.

Key Tasks and Duties

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- Support the delivery of S and C throughout the 16-19 teams.
 - Provide a safe and comfortable environment for the students to train in

Benefits and CPD Opportunities

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Contributing credit to career development module
Support from university / club mentor
Shadow in a positive environment with a performance sport focus.



The Person: Essential Experience, Skills & Knowledge

- Good understanding of strength and conditioning practices
- Good understanding of the gym environment
- Good communicator
- Efficient working under time pressure
- Ability to work individually or as in team

Pre-requisites for the role

Sport Science student or external strength and conditioning based qualification.

Apply now

To express your interest in this role, please complete the form at the link below:

<https://forms.office.com/e/3S4rQ64GqE>