JOB DESCRIPTION – STRENGTH AND CONDITIONING INTERN COACH (PAID ROLE)

Posted: 12th July 2022
Deadline: 15th August 2022

No. of Positions Available: Up to 4
Placement Duration: Starting w/c 5th September 2022
Working Week: Approx. 6 hrs including early mornings, evenings and/or weekends around the academic timetable.
Location: Newcastle University, Sport and Fitness Centre & Outdoor Grounds
Payment: TBC based on weekly availability

INTERNSHIP SUMMARY
This is an ideal position for aspiring S&C coaches seeking applied work-related experience within the S&C industry. This internship role will provide the successful candidates with the opportunity to develop their technical coaching skills and knowledge by working alongside UKSCA accredited coaches within the University’s new £24m Sport and Fitness Centre.

Main Duties and Responsibilities

- To provide S&C service (planning and delivery), support and education to the University’s Performance Sports Clubs and Sport Scholars during training and competition.
- Communicate with the performance sport team coaches, captains and presidents to appropriately align S&C practice with club training.
- To conduct fitness testing with relevant squads/individuals assigned to you by the Head S&C coach.
- To work alongside the Performance Sport Team and S&C Coaches in the strategic development of strength and conditioning at the University.
- To attend internal and external CPD opportunities covering UKSCA aligned practices such as: Need Analysis, Building the Robust Athlete & Energy systems, Testing & Monitoring, Olympic lifting, and Sprint Mechanics.
- To independently develop a technical coaching skill-set through ongoing learning experiences and reflective practice.
- Already being qualified in some form of gym based weightlifting instruction or equivalent is desirable.

Responsible to: Head Strength and Conditioning Coach.

Application:

Please send a covering letter and CV to Richard Eaton (Head S&C) Richard.Eaton@ncl.ac.uk. Feel free to email about any other enquiries regarding the position.

Interview date:
22nd August 2022.