Strength and Conditioning Internships  
August 2015 – August 2016  
Sutton Tennis Academy is a LTA high performance centre. Over the past 7 years the development of the strength and conditioning department has lead to increase demand for both squad and individual sessions, varying from U8s to elite full time players. Due to this increased demand and prioritisation of tennis conditioning by the academy, multiple internship positions have become available.

What do we expect from you?

We are looking for strength and conditioning coaches that are either at the beginning of their career or would like to move into tennis strength and conditioning. You will have to be enthusiastic and willing to learn. You will be prepared to commit yourself for a 12 month period. Within that period the interns will be required to:-

Assist and deliver strength and conditioning sessions to a wide variety of ages and levels of player as directed to by the head of strength and conditioning

Increase their knowledge by attending some or all of the following programmes

- UKSCA foundation workshop
- UKSCA workshops Program design, plyometrics and Olympic lifting
- UKSCA accreditation assessment
- Corrective exercise specialist
- Performance enhancement specialist
- Internal meetings and workshops

Attend weekly strength and conditioning and coaching meetings.
Assist with testing, data collection and input, including weekly monitoring stats
Work early mornings, evenings and possibly weekends
Assist with managing the strength and conditioning area
Show a passion and commitment to strength and conditioning
Any other duties deemed necessary by the head of strength and conditioning

Qualifications
Hold or be in last year of strength and conditioning degree / sports science/sports rehab degree or REPS level 3 qualified with good anatomy and physiology knowledge

Desirable but not essential
Be completing a Masters degree in strength and conditioning
ASCC or CSCS certification
CPR/AED qualification

What will you get from us?
Flexible working hours (we have 7 sessions a day in which you can be involved and a gym that is open access for over 12 hrs a day)
Work in a high performance environment interacting with accredited strength and conditioning coaches, high performance tennis coaches, sports psychologist and specialist musculoskeletal physiotherapists in a player centred team environment

Increase your understanding and ability to justify programme design and application

Give you the ability to increase your understanding of youth conditioning theory and practice.

Learn how theory actually works in practice

Learn how to become qualified as an accredited strength and conditioning coach and enhance your CV so improving your job prospects.

Support and help with your continuing professional development from the S and C team whatever qualification you are trying to achieve. Generally CPD will be self funding; however for the right candidates with the right commitment level there is a possibility of funding for the qualifications/workshops stated earlier.

If already qualified to the right standard or once UKSCA foundation level is achieved, the ability to do paid individual work under the guidance of the Head of Strength and conditioning will become a possibility

**What do our past interns think about the experience?**

"I found that Sutton gave me an environment to express myself and develop my knowledge with a wide range of age groups, ability, sports and nationalities. Sutton not only increased my knowledge on how to, but also on the why, especially practically. Their team have helped me massively with regard to my progress towards UKSCA accreditation especially the lifts. But more importantly I feel that I am now a better S & C coach for my time here. “

*James Fleming BSc CES Middlesex Youth Academy S & C Coach*

"The last nine months have been very beneficial for my coaching development. Challenging, educational, rewarding and great fun. I recommend it to anyone who is passionate about paediatric S+C. “

*Oliver Fawls BSc ASCC CES S & C Coach England Visually impaired and learning disabilities cricket team*

“A fantastic opportunity and great atmosphere to experience S&C! All hands on practical application which helped me pass my UKSCA in just 6 months “

*Henry Jones BSc ASCC, CES*

“The internship at STA has taught me so much about "real world" S&C. My theoretical, best scenario knowledge was good, but it's applying that to true s&c is very different. Working with such diverse age groups has made me a much better coach, and taught me that theory is theory and practice is practice. As well as this, I've completed CES, a massage course and feel far more confident about my UKSCA accreditation that's due soon. Without the internship at STA, I wouldn't be anywhere near as confident coaching as I would have been otherwise “

*Joe Williams BSc ASCC CES*

"The internship at STA was the most challenging, but also the most rewarding placement I have been on. It allowed me to accelerate my learning and application as a strength and conditioning coach by continuously highlighting my weaknesses, and then providing the opportunity to improve them throughout the course of the year. Highly recommended for anyone who would like to rapidly develop their practice as a strength and conditioning coach".

*Henry Singh Applegate BSc(hons), ASCC, CES*

To apply for an internship please send CV with a covering letter to

Gareth Shelbourne MSc ASCC CSCS CES
Head of Strength and Conditioning, Sutton tennis Academy, Rosehill, Sutton, Surrey, SM1 3HH
or email gareth.shelbourne@thesportsgym.co.uk .Closing date for applications is June 5th 2015. Interviews will be held week of June 15th 2015 to start the week beginning September 7th 2015