



Faster, Stronger, for Longer

Strength and Conditioning Internship 2010/11

DNA Sports Performance aims to provide scientifically underpinned strength and conditioning services to elite and amateur athletes across the North West region. We have a proven track record in helping maximise the genetic potential of athletes in various sports and are currently working with Olympic and professional athletes across a diverse range of sports.

Working in partnership with The University of Manchester, we are seeking to recruit individuals to learn and develop vocational skills as a professional strength and conditioning coach through a one year internship program. This will run from **September 2010 to September 2011**. These are unpaid positions and will require a minimum of 6 hours per week in the 'PowerRoom' Manchester.

Successful candidates will have the opportunity to lead on delivery of programmes for athletes on the University of Manchester's successful talent development award program. In addition to this successful candidates will have the opportunity to learn about and assist delivery of programmes within the TASS North West S&C network linked to the North West hub site (<http://www.tass.gov.uk/>).

A successful candidate can expect the following benefits:

Professional Development Package:

The professional development package will consist of a minimum of 4 hours per month of CPD with a mentor focusing on the following areas:

1. Advanced weight lifting techniques
2. Advanced plyometrics techniques
3. Advanced speed and agility techniques
4. Advanced conditioning interventions
5. Advanced planning and programming techniques
6. Advanced injury prevention techniques

The professional development package aims to help the intern:

1. Become UKSCA accredited

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2. Have experience of working with elite athletes
3. Have experience of working in multi-disciplinary team
4. Build upon a solid theory base by showing practical applications

This is a fantastic opportunity for the successful candidates to:

- Work in a full time strength and conditioning facility 'PowerRoom'
- Enhance their practical delivery skills
- Learn to effectively communicate within a team of S&C coaches
- Work alongside sport specific coaches and physiotherapists
- Have access to excellent CPD opportunities around the world
- Enhance your CV and improve your future employability

Application requirements:

- Must have or be enrolled in a sports related qualification (under grad or post grad degree) in the North West
- Must reside or be looking to re-locate to the North West Region
- Sound understanding of sports conditioning
- Sound understanding of resistance training methods
- Sound knowledge of anatomy and physiology
- Be committed, self motivated and reliable
- First aid certificate
- Professional Insurance http://www.lfcgraybrook.co.uk/strength_conditioning.php
- Committed to training and be interested in strength and conditioning as a career
- Experience of competing in sport and some knowledge of various sporting disciplines
- Be confident when speaking to groups, open minded and willing to learn

For an informal discussion or further information contact Nicholas Jones:
nicholasjones@dna-sports-performance.com 07886483067

To apply, please email info@dna-sports-performance.com with an up-to-date CV and covering letter describing why you are suitable for the role

Deadline for applications is 10th September 2010, Informal assessments will take place on 15th September 2010; Please note the successful candidates will be expected to complete a Criminal Records Bureau check.

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Nicholas Jones

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