



Faster, Stronger, for Longer

Strength and Conditioning Internship 2009/10

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 **four** individuals to learn and develop career based skills as a professional strength and conditioning coach through a one year internship program. This will run from **September 2009 to September 2010**. These are unpaid positions requiring a minimum of 6 hour per week in the 'PowerRoom' Manchester. However, candidates from across the North West are required to work within the TASS hub network. 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

The professional development package aims to help the intern:

1. Become UKSCA accredited
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

www.dna-sports-performance.com

This is a fantastic opportunity for the successful candidates to:

- Work alongside and learn from leading UK strength and conditioning professionals, sports physiotherapists, and sports science teams
- Develop technical and practical conditioning skills by working with athletes such as GB Water Polo, Talented Athlete Scholarship Athletes (TASS), University of Manchester AU teams and sport scholarship athletes and developmental athletes
- Work out in an elite athlete training centre the 'PowerRoom' Manchester
- Develop / deliver strength and conditioning and other educational / practical workshops to other Strength and conditioning professionals
- 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).
- Have a good understanding of sports conditioning
- Have a good knowledge of anatomy and physiology
- Committed, self motivated and reliable.
- Have the confidence to address/control groups of people
- Ability to communicate well with others and work as part of a team
- Open minded and willing to learn
- First aid certificate
- Professional insurance
- Committed to training and be interested in strength and conditioning
- Experience of competing in sport and some knowledge of various sporting disciplines

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 Friday 26th June 2009

Informal assessments will take place on Friday 3rd July 2009

Please note the successful candidates will be expected to complete a Criminal Records Bureau check.

www.dna-sports-performance.com