

THE ENGLISH INSTITUTE OF SPORT

*WANT TO WORK WITH THE BEST?*

The English Institute of Sport (EIS) is a dynamic, proactive organisation. Working with our partners in high performance, we aim to achieve sustained international success for England and Great Britain in Sport through the delivery of world class, integrated and innovative services.

### **STRENGTH AND CONDITIONING INTERNSHIP**

**Based at EIS Sheffield, Yorkshire**

**Salary: £17,560 p.a**

**Hours: 37 hours per week**

**12 month fixed term contract**

#### **Your role:**

The EIS are looking to appoint a Strength & Conditioning Intern to work with Rugby Football League (RFL). The post holder will spend 50% of their time working specifically with RFL and 50% working on S&C projects as identified within the EIS. The post holder will undertake a period of supervised provision of support to athletes, combined with a tailored CPD programme, to provide the necessary grounding and background to develop a successful career in high performance sport. In addition, the role will also involve:

- The supervised delivery of Strength and Conditioning support from identified locations and at training venues and camps around the region, in the UK and Internationally to identified RFL athletes Assisting the Strength and Conditioning Coach (RFL & Diving) in the delivery and development of the EIS Strength and Conditioning Services for the Rugby Football League.
- A commitment to a mentoring programme to develop knowledge and skills in working with elite athletes
- Working with the Yorkshire regional team to create a World Class High Performance training environment
- Working as part of a multi-disciplinary team delivering services to athletes and coaches.

#### **You should have:**

- Demonstrable experience in the provision of strength and conditioning services to athletes and coaches to improve performance
- A qualification at degree level (or equivalent) in sports science specialising in the area of physical preparation of elite athletes
- Accredited membership of the UK Strength and Conditioning Association – or the ability to gain this within 6 months of the internship commencing.

YOU MAY APPLY VIA

**Email:** jobs.yorkshire@eiswin.co.uk **Post:** Senior Business Administrator, English Institute of Sport, Coleridge Road, Sheffield, S9 5DA. **Please quote job ref: NAI 46.10**

PLEASE INCLUDE: COVERING LETTER, CV, DETAILS OF CURRENT REMUNERATION, RELEVANT CONTACT DETAILS AND A COVERING LETTER OUTLINING WHY YOU BELIEVE YOU ARE THE PERSON FOR THIS ROLE.

**Closing date: 6 September 2010 @ 9am (GMT)**

**Interview date: 24 September 2010**

As an equal opportunity employer, EIS welcomes applications from all sections of the community. Candidates must have the right to live and work in the UK.