

Strength and Conditioning Internship 1 year part time vacancies (6 hours per week).

Excelsior is looking for 2 part time Interns to work on a one year contract in South West England. This is an exciting opportunity for aspiring Strength and Conditioning Coaches to get practical coaching experience with funded athletes. The position is unpaid.

What it will involve:

- 2- 4hours per week of Coaching observation of both small and large group sessions with athletes from a wide variety of sports.
- 2 hours per week of research based project work designed to improve Coach and Athlete knowledge of Athletic Performance.
- Observation of Musculo Skeletal screenings and Situational Analysis.
- In addition attending some Interdisciplinary meetings with Sports Coaches, Administrators and Physiotherapists.
- Upkeep of equipment, writing programmes, work with other staff.
- One Intern will be Devon based, one will be Somerset based with some overlap for the various workshops.

What The Intern will Gain:

- Expert Mentoring.
- 2 hours per month on Continued Professional Development (CPD) Plan.
- Knowledge and experience of working within Interdisciplinary team.
- Free admission to Quarterly CPD morning workshops.
- Opportunity to work with small groups and developmental athletes in second half of Internship.
- Improved knowledge and a portfolio for prospective employers through the small projects.

Applicant requirements:

- Proven competency in S&C ie UKSCA accredited or equivalent
- A current first aid qualification.
- Professional Insurance Cover.
- Suitable I.T. skills including knowledge of excel, powerpoint and video upload.
- An understanding of the LTAD model.
- Professional and friendly demeanour, exceptional time keeping and reliability.

**Applications made to James Marshall by Friday 10th September.
Interview Dates Wednesday 15th September**

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