



### **Strength & Conditioning Internship**

Leicestershire CCC is looking for a suitable undergraduate/postgraduate for the position of full-time Strength & Conditioning Intern for the 2011 preseason from the start of January through to the end of the 2012 season.

The role will provide extensive CPD opportunities in addition to gaining valuable experience during the preparation phase of the year and cricket season.

Your role will entail a variety of responsibilities and duties, including:

- A leading S&C role in the running of LCCC's Emerging Player Programme and age-grade teams
- Assisting and leading in professional and academy sessions
- Assisting in the day-to-day operations of the Sport Science and Medicine department – including, warm-ups, recovery, nutrition, hydration, etc.
- Assisting in performance data collection and analysis of the Sport Science and Medicine department

The internship will also provide you with a great deal of autonomy, experience and CPD opportunities to develop your S&C coaching skills.

Applicants should also have:

- Minimum of a first degree in a sport science/strength and conditioning or related field (Or be working towards it)
- UKSCA Accreditation (Or be working towards it)
- Excellent IT skills – in particular working with Microsoft Excel
- Strong interpersonal and communication skills
- High levels of organisation and strong problem solving abilities

Further to this, past coaching and S&C experience is desirable but not essential – as you will be given opportunities to coach during your internship. Please also note that this is an unpaid internship.

***Closing date for applications is Friday 16<sup>th</sup> December – with Interviews being held on Thursday 22nd December at LCCC.***

If you have any further questions about the role or to apply for the Internship, please send your **CV and a Covering Letter** (Email Ref: LCCC S&C Internship) to LCCC Strength & Conditioning Coach, Josh Clarke: [joshclarke@leicestershireccc.co.uk](mailto:joshclarke@leicestershireccc.co.uk)