



Scarlets Strength and Conditioning Internships

We are currently accepting applications for Strength and Conditioning internships at the Scarlets. Successful candidates will assist with the physical preparation of rugby players either in the Scarlets Regional Squad or Academy and will be required to work 4-5 days a week from June 2010 to May 2011. We are looking for either a student on a placement year or a graduate from a Sports Science / Strength & Conditioning background.

Duties Include:

- Supervising players during weight room and field based training.
- The collection, analysis and management of data collected during testing, training and weekly monitoring.
- Set up of training equipment before sessions, equipment maintenance.
- Research topics of interest.
- Plan and implement recovery strategies.
- Home match day duties.

Qualifications:

- Undergraduate or postgraduate qualification in Sports Science/ Strength & Conditioning.
- A strong desire to pursue a career in the strength and conditioning field.
- Competent in anatomy and physiology.
- Familiar with Microsoft Excel and Word.
- Strong work ethic.
- Outgoing and professional.

Compensation:

- Internships are unpaid positions. Interns are responsible for arranging housing and transportation.

If you're interested:

- Email your CV and a covering letter that describes yourself and explains why you would like to intern with us to bharrington@scarlets.co.uk
- Closing date for applications - **FRIDAY 26th MARCH**



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