

Surrey Sports Park is one of Europe's premiere sites for elite sport, physical activity, well-being and leisure. Our University of Surrey owned multi million pound facility offers a venue that houses some of the best facilities in the country, attracting its own international and national events that will bring world class athletes to Surrey. Surrey Sports Park provides world class facilities for University of Surrey students, professional teams, individuals and National Governing Bodies. With the opening of Surrey Sports Park, the structure and delivery of sport at the University of Surrey is changing to help improve the performance of our sports teams. A well planned and structured support network is being put in place to facilitate this and high quality strength and conditioning provision is a key component within it.

Job Title: Strength and Conditioning/Performance Sport Intern

Duration of Placement: 12 months

Salary: Nil

Hours of Work: Variable. Hours per week to be discussed but may include working outside normal office hours, at evening and weekends and on public holidays.

Responsible to: Performance Sport Manager

Summary of the Role:

Surrey Sports Park is offering one S & C placement for the forthcoming academic year. The successful applicant will have the opportunity to work with a variety of individuals who train within Surrey Sports Park including students within the Performance Sport program, outside individuals, and teams operating within the park. The applicant will work within the performance support team to deliver S & C to a range of individuals and sports teams within the University Performance Sport program along with outside athletes requiring S & C support. The job role will also include some work within the Surrey Human Performance Institute along with potential work with performance analysis systems.

Main Roles and Responsibilities

- Deliver and/or support S & C sessions to individuals and teams as appropriate.
- Set up training and testing equipment as required.
- Plan S & C delivery with High Performance and Performance Sport program
- Assist with data collection and management.
- Development and delivery of performance services within the department.
- Attend meetings and CPD activities as required.

Qualifications:

- Final year degree or Masters student/graduate in Sport science/S & C.
- or
- Relevant S & C certification and experience with strong portfolio and evidence of CPD.

Knowledge and Experience

- Some experience of S & C services to athletes.
- An understanding of sports science and sports medicine and their performance impact.
- Up to date and relevant S & C knowledge.
- An understanding of recording and monitoring training loads.
- Knowledge of Olympic lifting techniques is desirable.
- Basic IT skills with good knowledge of Microsoft Word and Excel.

Personal Specification

- A strong desire to pursue a career in the strength and conditioning field
- Committed, enthusiastic and highly motivated, showing a passion for facilitating performance improvement.
- Ability to work as part of a multi disciplinary team.
- A positive and professional attitude and the ability to work with a range of individuals.

Application and Selection Process:

To apply, please send a copy of your CV and a covering letter that describes yourself and your reasons why you would like to intern at Surrey Sports Park to:

Mark Garfoot – Performance Sport Manager
Surrey Sports Park
University of Surrey
Richard Meyjes Road
Guildford,
Surrey
GU2 7AD

m.garfoot@surrey.ac.uk

Closing date for Receipt of applications is Friday 23rd July 2010

Shortlisting will take place as soon as possible following the closing date. Please ensure your application provides clear contact details (an email address and a telephone number on which you can be contacted during office hours). You should assume you have been unsuccessful if you have not heard from us within four weeks of the closing date. Selection for the placement will be decided through an interview process.