



VOLUNTEER ROLE DESCRIPTION – STRENGTH AND CONDITIONING JUNIOR INTERN

Role overview

This internship will be an opportunity for a University of Leeds student to gain applied coaching experience in the field of strength and conditioning over the course of the 2022-23 academic year. They will also embark on a programme of learning through weekly Community of Practice (CoP) sessions (practical and theoretical workshops covering topics relating to coaching performance athletes) and 1 to 1 mentoring, which will develop their knowledge and applied skills.

The junior intern will work alongside a senior intern and head coach, where they will assist in supporting a University of Leeds BUCS performance team (e.g., Football, Hockey, Rugby, Rowing, Swimming, Triathlon). There will be some responsibility to deliver specific elements of S&C training sessions and assist in conducting physical testing.

Main tasks and activities:

- Assist the lead strength and conditioning coach to deliver strength and conditioning to support a University of Leeds BUCS performance team.
- Observe the coaching behaviours of other coaches, with the goal of learning about athlete interaction, session planning, and the delivery of technical information.
- When appropriate, deliver specific elements of training sessions, provide coaching feedback to athletes, and improve athletes' execution of lifts and movement.
- Assist in conducting physical testing and recording, processing, interpreting, and presenting data to athletes.
- Engage in the CoP sessions and 1 to 1 mentorship to develop the skills and knowledge needed to be an effective coach.
- Actively engage in reflective practice throughout the internship programme.

Skills developed: You will develop:

- Coaching practice & soft skills:

- Communication, practical and emotional intelligence, empathy, time management, teamwork, problem solving, initiative and adaptability.
- Knowledge:
 - Programme design, testing and monitoring, strength, power, energy systems, speed, agility, change of direction, weightlifting and injury reduction.

Training and support: This will include:

- An initial Induction to the organisation and role.
- Regular mentoring, observations, and feedback from the S&C coaching team.
- Access to weekly CoP sessions. Past sessions include:
 - Olympic weightlifting for sports performance
 - Training programme design
 - Speed and agility training for sports performance
- Access to all events with guest speakers, who in the past have included:
 - Boxing Science
 - GB Rowing
 - Manchester United FC
 - Formula 1 Team Hass

Rewards and Recognition: We greatly appreciate your time and skills so we will make every effort to ensure you are appreciated in your role. For example, we will ensure you have full access to The Edge facility on an Edge club membership and endeavour to provide additional opportunities within the applied sport science / strength and conditioning field.

Commitment: You will be expected to commit 3-5 hours per week throughout the 2022-2023 academic year. Please note this may include early morning and/or evening hours.

Location: The normal place of coaching is the Strength and Conditioning Room at The Edge; however, you may be asked to coach at Sports Park Weetwood.

Person specification:

COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Qualifications		
Undertaking a degree at University of Leeds in sport science or a related area	Essential	Application

Knowledge, skills, and personal attributes		
Have an interest in sport and supporting others	Desirable	Interview
Reliable, hard-working and a willingness to be proactive	Essential	Interview
Commitment to a high standard of professional conduct (in accordance with the Leeds Sport volunteering code of conduct)	Essential	Interview

To apply for the junior S&C intern role:

Please complete the **application form** on the Leeds Sport website

(<https://sport.leeds.ac.uk/portfolio-item/sc-internship/>) by **5:00pm on Friday 22nd April 2022**.

If you would like to discuss the internship or have any questions, please contact Emily Dingley (Strength and Conditioning Coach) via email (E.dingley@leeds.ac.uk).