



VOLUNTEER ROLE DESCRIPTION – STRENGTH AND CONDITIONING SENIOR 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 senior intern will work alongside the senior strength and conditioning team where they will assist in supporting a high-performance team (e.g., GB Start Rowing, Renaissance Arts, Leeds Triathlon Centre, Leeds Bradford MCCU). They will also lead the strength and conditioning provisions to a University of Leeds BUCS performance team (e.g., Football, Hockey, Rugby, Rowing, Swimming, Triathlon). There will be some responsibility to support junior interns and contribute to the delivery of the CoP sessions.

Main tasks and activities:

- Lead the delivery of strength and conditioning support to a BUCS performance team by creating, implementing, and evaluating strength and conditioning programmes that reflect the needs of the sport.
- Assist the senior strength and conditioning team to deliver strength and conditioning support to a high-performance team.
- Engage with and make active attempts to learn from the experiences of other coaches to support the development of your own practice.
- Conduct physical testing and monitoring and recording, processing, interpreting, and presenting data to athletes.
- Work collaboratively with junior interns to support their development.
- Engage with and contribute to 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:

- Coaching practice & soft skills:
 - Communication, practical and emotional intelligence, time management, teamwork, problem solving, initiative, adaptability, planning and organisation, leadership, and mentoring others.
- Knowledge:
 - Programme design, testing and monitoring, strength, power, energy systems, speed, agility, change of direction, weightlifting and injury reduction.

Training and support / professional development: This will include:

- An initial Induction to the organisation and role.
- Regular mentoring, observations, and feedback from the senior 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 Haas
- Access to a fund for professional development courses with the UKSCA.

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 6-8 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
Either hold, working towards or willing to undertake a level 2 qualification (or equivalent) in S&C/PT/Gym instructor.	Essential	Application
Experience		
Some experience of coaching either in sport or strength and conditioning.	Essential	Application
Experience of working as part of a team.	Desirable	Application
Skills, knowledge, and personal attributes		
An interest in sport and supporting others.	Essential	Application
Reliable, hard-working and a willingness to be proactive.	Essential	Interview
Commitment to a high standard of professionalism.	Essential	Application
Basic knowledge of and ability to teach barbell lifts, supplementary exercises and how to correct common fault.	Desirable	Interview

Please note that for this role, if you don't meet the desirable competence areas, we still welcome your application if you feel you are suitable for the role.

To apply for the senior S&C intern role:

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

(<https://sport.leeds.ac.uk/portfolio-item/sc-internship/>) and **email** a **1-page CV** to Emily Dingley (E.dingley@leeds.ac.uk) 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).