



Placement Title: Strength and Conditioning Intern

Reports to: Senior Strength & Conditioning Coach

Hours: 40 Hours each week, hours will vary depending on fixtures. Evening and weekend working is required.

Placement Duration: July 2024 – June 2025

Please note this placement is unpaid.

Placement Purpose:

The strength and conditioning internship will provide the applicant with the experience of being part of a multi-disciplinary team working towards enabling high performance in professional rugby. Their role will be critical in the facilitation and implementation of the program during the 2024/2025 season at Leicester Tigers. The successful applicant will assist with the facilitation and delivery of the physical performance plan while receiving regular formal and informal professional development interactions both internally and externally.

Main Tasks & Responsibilities:

- Work in conjunction with the Strength and Conditioning staff to facilitate the physical performance program delivery.
- Assist with on field and gym based sessions.
- Assist with physical testing and profiling.
- Assist with equipment logistics.
- Assist with the delivery of late-stage rehabilitation sessions for injured players.
- Contribute positively to the team environment and culture. Support the clubs high standards, ambition, unity and hard work.

The ideal candidate will be:

- A student undertaking an Undergraduate Degree in Sports Science or Strength and Conditioning
- UKSCA or equivalent (desirable)
- Confident and approachable
- Excellent verbal and written skills
- Good communication skills with the ability to engage with a wide range of stakeholders
- IT literate

What you can expect in return:

- Regular 1-1 meetings to discuss your progress, leanings and what you would like to develop
- 2x Match Day tickets to every home game.



- Food at Oval Park Training Ground
- Leicester Tigers Staff Kit
- Exciting opportunity to learn key, practical skills from an elite sports environment.

How to Apply:

Send a CV, Cover Letter and a WeTransfer video link describing what unique qualities you can bring to the Strength and Conditioning Internship to jointheteam@tigers.co.uk by 5PM, Thursday 4 April 2024.

[Please click the link here for guidance on how to use WeTransfer - <https://help.wetransfer.com/hc/en-us/articles/115004254743-How-do-I-send-a-link-transfer>].