

DoTraining & Performance LTD in Partnership with East London Sports

2023-24 – S&C Work Placement & Student Internship Opportunity

DoTraining & Performance LTD are now recruiting for our work placement and student internship program for the 2023-24 academic year. DoTraining & Performance LTD are a High-Performance S&C consultancy service established in 2010. In partnership with East London Sports, which is the performance sports programme based out of the University of East London (UEL) we are recruiting up to 8 suitable candidates for our 2022-23 program.

DoTraining & Performance have a number of consultancy contracts across London working with a variety of sports and levels. Our partnership with UEL and East London Sports is now in its 9th year and during this time the university has made huge developments within performance sports. East London Sports competes in over 20 sports each year at the BUCS championships. We also have many of our students that represent their chosen sport at national and international level. The sports program boasts over 150 sports scholars plus a number of partnership organisations and an elite athlete external membership scheme. We are a Sport England TASS Accredited Centre (TAC), a performance hub for a number of programs that support developing athletes. We also oversee performance coaching for the London Lions WBBL professional basketball teams as well as the East London Phoenix Ladies Wheelchair Basketball team. Our ever expanding “Elite athlete” program helps support several external high-level professional athletes that include Olympians and world champions. This is a fantastic opportunity to get real world coaching experience across a wide range of sports and ability levels. While a voluntary placement, it will give you the opportunity to fulfil work placement requirements, gain vital experiences of coaching athletes and aid in the advancement of your career in the S&C industry.

Description of role:

- Assist in delivery of S&C services and day to day operations of DoTraining & Performance LTD and its partners.
- All interns will **always** be under the guidance of fully accredited S&C coaches.
- General gym duties & assisting in day to day running of a professional training environment.
- Assist and gain knowledge of performance testing, data collection and reporting.
- Attend regular CPD days, and networking opportunities.
- Be a proactive part of the multidisciplinary support team.
- Work within the rules of the UKSCA and UEL Professional Code of Conduct, standards & H&S guidelines.

Requirements of Role

- Minimum of 6 sessions/week commitment (9 hours). This can include working morning, evenings and public holidays spread over Monday-Saturday. (Our internship gives you the ability to fit in your sessions around work and education commitments, however there is no maximum commitment)
- Completion of all 8 modules between Oct-May. Each module would include attendance to CPD. Practical and/or written assessments will be undertaken at the end of each CPD module to assess learning and individual development.
- Professional and reliable attitude to work with good time management.
- Under the management of Director of S&C and will report directly to him or lead S&C coaches.

Qualifications and Experience:

Essential-

- Desire to develop coaching and technical knowledge in a high performance environment.
- Desire to work toward UKSCA and other S&C professional accreditation, if not already attained.
- Experience within a gym environment, and a **minimum** of Level 2 Gym instructor qualification or enrolment in sports science undergraduate/post graduate degree.
- An understanding of Excel and Microsoft office, or the ability to learn this.
- Passion for performance sports and coaching
- An understanding of sports science and sports medicine and their performance impact and a desire to learn.
- Up to date and relevant S&C knowledge and eagerness to learn.

Remuneration:

This is an **unpaid** position however a small funding package has been secured by a sponsor that will allow us to fund some paid hours and CPD development for selected interns that meet certain criteria. The sole purpose of this programme is to provide you with the skills and experience you need to meet the ever-raising minimum requirements for jobs within the S&C industry. You will be provided with the opportunity to learn and be mentored by DoTraining's current S&C coaches, who have years of experience working in Elite, Olympic and professional sports. You will also have exposure to other members of our Sports science and medical team. You will gain valuable experience observing and assisting in working with high level athletes from a variety of sports. Our current athlete enrolment has numerous Olympic, Professional and International athlete. Over 50% of all graduating interns over the last 4 years have moved on to paid positions at various level in the sport and S&C industry, and we will provide opportunities to connect with potential employees and coaches from across the industry, helping you build that all important network of professionals and gain further experiences.

Duration: 8 months (Mid Sept to May)

Positions : 5 positions are available.

Application process:

All applications must be received by the deadline of noon Monday Aug 7th 2022. Successful shortlisted candidates will be notified via email shortly after, and these applicants may be required to complete a small task. Successful applicants will then be invited to a group educational day hopefully late Aug / early September (Date to TBC). Attendance to this day is mandatory.

Please send expression of interest, CV and maximum 1 page cover letter to Director of Strength and Conditioning at University of East London, Duncan Ogilvie – d.ogilvie@uel.ac.uk

More information regarding this program and the work we do can be found via the following link.

www.dotraining.co.uk and www.instagram.com/dotraining