

### Strength & Conditioning Work Experience Opportunities

Performance Herts, based at the University of Hertfordshire, are a team of UKSCA accredited S&C practitioners who deliver S&C services to; England Squash, England Golf, England Women's Football, Arsenal Women's FC Academy, Saracens Mavericks Netball, TASS, Regional Basketball & Netball Academies, Hertfordshire Golf, National Level Swimmers, University Scholars and Performance Sports and many more.

Performance Herts are seeking a new cohort of S&C work experience assistant coaches for the next academic year. To be eligible, you must be able to commit to a minimum of 8 hours per week over 2 shifts, plus regular team CPD training, between 5<sup>th</sup> September 2022 and 28<sup>th</sup> April 2023. Placements can be extended beyond this following a review in early 2022.

Hours available (although these may be subject to change):

- |              |             |   |            |
|--------------|-------------|---|------------|
| - Mondays    | 6:30-9:30am | / | 4-9/10pm   |
| - Tuesdays   | 6:30-9:30am | / | 4-9/10pm   |
| - Wednesdays | 10am-2pm    | / | 4-9/10pm   |
| - Thursdays  | N/A         | / | 4-9/10pm   |
| - Fridays    | 6:30-9:30am | / | 2:30-8/9pm |

On occasions there will also be the opportunity to assist on other work including; university degree practicals, workshops, courses and fitness testing.

Please note that this is an unpaid role, however in return for assisting with the daily running of our elite performance centre, we offer the following benefits:

- Free places on our CPD courses and workshops, in areas including:
  - Olympic Weightlifting
  - Speed Agility and Plyometrics
  - S&C Level 1, 2 and 3 (Needs Analysis, FMS, Programming & Periodisation)
- Opportunity to shadow / assist with S&C sessions involving developmental up to elite senior international athletes and squads from a range of able bodied and Paralympic sports.
- The chance to be mentored by accredited, experienced and knowledgeable coaches, working in high performance sport and postgraduate education.
- Regular, hands on guidance towards your UKSCA accreditation.
- The opportunity to train, work and learn in a happy and thriving high performance environment with state of the art facilities and equipment.
- Potential to move into an hourly paid coaching role.

What we are looking for:

- Professional, organised and polite aspiring coaches with an interest in high performance training, sports science and S&C.
- Strong work ethic and passion for learning and developing.
- Prior experience with free weight training and general athletic movements (running, jumping, throwing).
- Enrolled on an FE or HE S&C, sports science or related course.
- The ability to commit to regular hours between September 2022 and April 2023.

To apply, please send a CV (maximum 2 pages) and covering letter (maximum one page) to [performanceherts@herts.ac.uk](mailto:performanceherts@herts.ac.uk) before **5pm on Thursday 30<sup>th</sup> June 2022**.

*Interviews will take place on **Tuesday 5<sup>th</sup> and Wednesday 6<sup>th</sup> July**. Please specify your availability when applying in your cover letter. We can accommodate online interviews if required.*