

Graduate Strength & Conditioning paid internship with Boarding Duties

Campbell College Belfast

Full-Time | Fixed Term (Graduate Role) 5th January 26 - 30th June 26

Campbell College Belfast is seeking an enthusiastic and committed Graduate Strength & Conditioning Coach to support the physical development and wellbeing of our student-athletes, while also playing an active pastoral role within our boarding community. This is a fantastic opportunity for a recent graduate who is passionate about youth athletic development and keen to gain experience within a leading sports school environment.

The sports facilities at Campbell College rival those of any school in the UK and Ireland. With a brand new state of the art sports centre and strength and conditioning suite, the programme of athletic development plays a key role across all the sports at the school. The college also has extensive outdoor sports facilities including; two Astroturf hockey pitches, nine rugby football pitches, four cricket squares, six outdoor cricket nets, a cross country course, four tennis courts, a three hundred metre athletics track. Campbell College has a strong record when it comes to the production of national performers in volleyball, athletics, hockey, rugby, football, and cricket, as well as success within regional and national level competitions. Your experience will match many elite sports academy environments.

Key Responsibilities

Strength & Conditioning

- Plan and deliver age-appropriate strength and conditioning programmes for teams and individuals across a variety of sports.
- Support long-term athletic development and physical literacy initiatives from junior through senior levels.
- Assist with monitoring athlete progress, performance testing, and data management to inform coaching decisions.
- Collaborate closely with sports coaches, PE staff, and medical support to ensure cohesive performance pathways.

- Promote safe and effective training practices and contribute to injury prevention strategies.

Boarding Duties

- Support the day-to-day life of the boarding community as a member of the residential team.
- Supervise and deliver a programme of activities during evenings and weekends.
- Build positive relationships with boarders and act as a role model for conduct, wellbeing, and academic focus.
- Assist with pastoral care by ensuring safeguarding, emotional support, and promoting a welcoming, inclusive atmosphere.
- Contribute to enrichment activities, trips, and wider boarding house life as required.

What We're Looking For

- A degree in Sport Science, S&C, or related discipline (or in the final stages of completion).
- A strong understanding of S&C principles for developing young athletes.
- Confident communication and the ability to motivate and support pupils of varying abilities.
- Team-focused attitude with a willingness to contribute broadly to school life.
- Flexibility to work evenings and weekends as part of a boarding rota.
- Hold a gym instructors qualification, and have some experience in coaching/delivering exercise programmes to groups

Desirable

- Working toward UKSCA accreditation, or have undertaken UKSCA workshops.
- Experience in a school, academy, or youth development setting.
- First Aid qualification (or willingness to obtain).

What We Offer

- Valuable applied coaching experience and mentoring within a high-performance school environment.
- Support for ongoing professional development and accreditation.
- Accommodation provided and full board offered during term time.
- The opportunity to make a meaningful impact on young people's development both on and off the field.
- Salary, to be discussed prior to interview.

To Apply

Interested applicants are requested to email a covering letter and CV to;
pgreenwood434@campbell.belfast.ni.sch.uk