

Strength & Conditioning Work Experience Opportunities

Performance Herts

Performance Herts is a UKSCA accredited sports performance centre based at the University of Hertfordshire. We provide expert S&C support to a wide range of athletes in a multitude of sports, from grassroots development and rehabilitation through to Olympic and world class performers along with delivering on university degree modules at both undergraduate and postgraduate level.

Our partners, clients and athletes include:



Our vision is to be the region's leading strength and conditioning facility and service provider. To help us achieve our vision we are recruiting enthusiastic and driven students looking to gain experience in S&C.

Work Experience Opportunities

Performance Herts is seeking a new cohort of volunteer 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, beginning in September 2025.

Available hours to be discussed at interview.

On occasion there will also be the opportunity to assist on other work including university degree practicals, workshops, courses and fitness testing outside of your regular hours.

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 and assist with S&C sessions involving athletes and squads of all ages and abilities, from a range of able-bodied and disability sports.
- Mentoring by accredited, experienced and knowledgeable coaches working in high performance sport and postgraduate education.
- Potential enrolment and guidance through the UKSCA S&C Trainer course.
- 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.

Who 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 desired (running, jumping, throwing).
- Enrolled on an FE or HE S&C, sports science or related course. (Priority will go to those enrolled on the UH MSc in S&C and Rehab).
- The ability to commit to regular hours beginning September 2025.

To apply, please send a CV (maximum 2 pages) and a ~2-minute video explaining why you'd like to work at Performance Herts and what you'd bring to the team to performanceherts@herts.ac.uk before **5pm on Friday 22nd August 2025**.

Interviews will take place between **Mon 1st – Fri 5th September**.
Please specify your availability when applying in your cover letter.
We can accommodate online interviews if required.

Some of the institutions our former interns have gone on to work at include:

