

Strength and Conditioning Work Placement

This university sandwich year work placement, designed for outgoing second year undergraduate students, is a voluntary Strength & Conditioning (S&C) role to broaden knowledge, coaching styles & increase employability.

Performance Herts are UKSCA accredited Strength & Conditioning professionals working with a wide range of athletes in a multitude of sports, from grass root development to World Class & Olympic performers.

Post Title: University Sandwich Year Work Placement – Assistant Strength & Conditioning Coach at Performance Herts

Hours: 28hrs per week

Duration: 1-year work placement from Monday 01 September 2025 – 31 August 2026

Salary: n/a

Benefits: Extensive CPD opportunities with in-house workshops, REPS Level 2 Gym Instructor, UKSCA Level 3 S&C Trainer Diploma

Our vision is to be the region's leading S&C provider. To help us achieve our vision we are looking to recruit a hardworking, knowledgeable, and highly passionate aspiring S&C coach to join our team on a work placement year.

Our clients & athletes include England Squash, Women's FA, London Mavericks, England Netball, Arsenal Women's FC, England Golf, County & Regional Golf Swimming & Netball squads, TASS athletes, UH Performance Sports & Scholars & many more.

Working with the support of Body Balance Physiotherapy, Hertfordshire Sports Village (HSV) & the University of Hertfordshire (UH), our work enables athletes to optimise their performance, avoid injury, peak for major competitions, & educate them in areas such as recovery methods, nutrition & anti-doping.

We are looking for an individual to help support our S&C team from September 2025 for a year's work placement. If you are interested in working within sport, S&C & looking to supplement your CV with experience working with a wide range of athletes (both level & sports) under the supervision of a team of UKSCA accredited & highly experienced S&C coaches who will help you work towards accreditation & qualifications then please feel free to apply. This includes the opportunity to do the REPS Levels 2 Gym Instructor qualification and UKSCA Level 3 S&C Trainer Diploma run here at Performance Herts. You must be able to use your own initiative, be pro-active, have a thirst to learn, work well as part of a busy & multidisciplinary team & have good people & computer skills.

Previous work placement students have gone on to these roles:

- *S&C Coach for GB Badminton/ UKSI*
- *School Athletic Development Coaches*
- *Lead S&C coach at Coventry University*
- *S&C Coach for Ealing Rugby FC*
- *S&C Coach for England Rugby Sevens*
- *S&C Coach for Coventry Blaze Ice Hockey Team*
- *S&C Coach at Performance Herts*
- *S&C Coach for Saracens Mavericks Youth*

Previous work placement students have this to say about their year at Performance Herts & HSV:

- *“My placement year at Performance Herts was the **highlight of my University degree**. It was the **perfect environment to develop myself both academically and professionally**. A culture of development that stems from the management through the coaches, the interns, into the athletes make this an **excellent place to work**. I would **highly recommend** this placement to anyone who’s looking to take the next step in their career.”*
- *“My placement at Performance Herts **created so many opportunities** for me to improve as a coach during that year and since then too. The main area it helped me with was by increasing my **confidence** in training and leading group sessions and my **knowledge base** which vastly **helped with my 3rd year modules** and dissertation.”*

To Apply: Please send a copy of your CV (maximum of 2 pages) & application video (maximum 5 minutes sent via WeTransfer) explaining your interest in Strength and Conditioning and why you feel your qualifications, experience and personality would make you a great asset to the Performance Herts team.

Please send these to **Maximillian Honigsbaum, Head of Strength and Conditioning** at performanceherts@herts.ac.uk

Contact Details: For an informal discussion about this post please contact the Performance Herts team on 01707 281002 or performanceherts@herts.ac.uk

We look forward to receiving your application.