

BC LONDON LIONS

STRENGTH & CONDITIONING WORK EXPERIENCE/INTERN

BC London Lions is the only Professional Basketball Team in the UK competing in the BKT Eurocup, alongside the domestic Super League Basketball (SLB). Over the past 5 years, the club has enjoyed success including numerous league and playoff titles. The Lions have competed in the top levels of European Basketball over previous seasons and under new ownership, are positioning themselves for a strong return to international competition.

Description

Title: Strength and Conditioning (S&C) Intern

Responsible to: Medical Director & Head S&C coach

Role: S&C/Sport Science learning and support to the BC London Lions.

Hours of Work: 10-20 hours/week - Can include mornings, afternoons, and some evenings. Bank holiday and weekend availability preferable from August 2025 to May 2026.

Location: Primarily based at the University of Westminster Harrow campus with travel to the Copper Box Arena.

Remittance: Structured CPD towards UKSCA accreditation, alongside career mentorship, opportunities to attend Eurocup & SLB home fixtures.

Application Deadline: 3rd August 2025

Key Tasks

- Participate in the S&C during gym based and on-court S&C activities with the professional men's team.
- Participate in and learn about daily load monitoring data collection and assist with training recommendations for the team.
- Involvement in frequent performance testing and data visualisation.
- Shadow within an interdisciplinary Sports Science and Medicine (SSM) team to support player development and education with opportunities to observe and assist sports rehabilitation.
- Engage in CPD tasks/activities.
- Opportunities to attend home fixtures.



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Essential

- Currently enrolled in a Sport Science/S&C undergraduate or postgraduate degree (A)
- Minimum of 1-year experience delivering/assisting S&C support to large groups and individuals (A/I)
- Previous experience working with elite/professional athletes. (A/I)
- Ability to communicate effectively with people of various ages and backgrounds (A/I)
- Reliable, hardworking and organised individual with the ability to multi task and perform at a high level. (A/I)

Desirable

- Knowledge and understanding of general sport science, collecting and managing load monitoring data (A/I)
- Previous experience playing/working within basketball (A/I)

Will be assessed via the application (A) and/or interview (I) process.

Your Application

To apply, please forward your CV/Resume to:

Head Strength & Conditioning Coach:

Jordan Godfrey - jordan.godfrey@bclondonlions.com

CC in the Medical Director:

Elena Jobson - elena.jobson@bclondonlions.com