

# BC LONDON LIONS

## STRENGTH & CONDITIONING STUDENTSHIP/INTERN

BC London Lions is one of the most recently successful Professional Basketball Teams in the UK, competing in the 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 past 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 of S&C

**Role:** Assist in the delivery of S&C/Sport Science support to the BC London Lions SLB team.

**Hours of Work:** 10-20 hours/week - Includes mornings, afternoons, and some evenings. Bank holiday and weekend availability preferable from September 2024 to May 2025.

**Location :** Primarily based at the University of Westminster (Harrow Campus) with travel to the Copper Box for additional activities and games.

**Remittance :** A structured CPD curriculum to assist your professional progress alongside career mentorship and opportunities to attend SLB home fixtures.

**Application Deadline:** 22 Nov 2024

### Key Tasks

- Assist the Head of S&C in the delivery of gymbased and on-court S&C to the professional men's SLB team.
- Carry out daily load monitoring data collection and assist with training recommendations for the SLB team.
- Involvement in frequent performance testing and data visualisation.
- Work 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

- Completed or working towards a Sport Science/S&C undergraduate degree (must be currently enrolled in higher education) (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 be responsible for multiple tasks at a time and perform at a high level. (A/I)

## Desirable

- Possess/completing postgraduate degree in Sport Science/S&C (A)
- Knowledge and understanding of general sport science with experience of collecting and managing load monitoring data (A/I)
- Previous experience playing/working within basketball (A/I)
- Working towards obtaining UKSCA Accreditation

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

## Your Application

To apply, please forward your CV/Resume to:

### Head of Strength & Conditioning:

Jordan Godfrey - [jordan.godfrey@bclondonlions.com](mailto:jordan.godfrey@bclondonlions.com)

### CC in the Medical Director:

Elena Jobson - [elena.jobson@bclondonlions.com](mailto:elena.jobson@bclondonlions.com)