

**This university sandwich year work placement, designed for outgoing second year undergraduate students, combines a voluntary Strength & Conditioning (S&C) & paid Health & Fitness (H&F) role in order 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 / Health & Fitness Coach at Herts Sports Village
- Hours:** 40hrs per week (S&C = 0.7 FTE, 28hrs per week / H&F = 0.3 FTE, 12hrs per week)
- Duration:** 1-year work placement from Wed 1<sup>st</sup> Sep 2021 – Tue 31<sup>st</sup> Aug 2021
- Salary:** S&C role = Voluntary / H&F role = HSV grade 3 (£6153 0.3 FTE)

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, Saracens 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.

The S&C part of this role is supplemented by a paid role as a health & fitness coach within the HSV gym team. This is a newly added part of this work placement role in order to broaden experience to include the H&F industry, fitness qualifications & training of the general public as well as S&C experience with grass root athletes through to World Class performers. This addition will also increase your earning potential, the number of qualifications you can gain over the year, & ultimately your employability.

We are looking for a University student who is looking to take a sandwich year to help support our S&C & H&F teams from September 2021 for a year's work placement. If you are interested in working within sport, S&C & H&F & 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. 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:

- *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 3<sup>rd</sup> year modules** and dissertation.”*

**To Apply:** This opportunity is exclusively available to University students looking to undertake a sandwich year. Please send a copy of your CV (maximum of 2 pages) & cover letter (maximum of 1 page) explaining why you feel you would be a good asset to the Performance Herts & HSV fitness teams to Fiona Scott, Head of Physical Performance at [performanceherts@herts.ac.uk](mailto:performanceherts@herts.ac.uk)

**Contact Details:** For an informal discussion about this post please contact the Performance Herts team at [performanceherts@hert.ac.uk](mailto:performanceherts@hert.ac.uk) The main contacts for the placement role are Charlie Kay & Fiona Scott.

**Closing Date:** Midnight on Sunday 14<sup>th</sup> Feb 2021

**Interview Date(s):** Monday 22<sup>nd</sup> Feb 12:30 – 14:30 and/or Friday 26<sup>th</sup> Feb 12:30 – 14:30 2021. Please state your availability for those dates when applying.

We look forward to reading your application.