

## Ospreys Rugby

### Strength & Conditioning Studentship 2020/2021

Ospreys Rugby are providing Strength & Conditioning studentship opportunity for the 2020/2021 season.

The positions will suit recent graduates looking to gain experience post study.

Successful applicants will gain experience in the following:

- Assisting in strength/power sessions.
- Assisting in speed/conditioning sessions.
- Conduct data collection of gym, speed and on field metrics.
- Implementing recovery protocols.
- Implementing monitoring protocols.
- Implementing nutritional protocols.

The successful candidate will also contribute to our age grade strength and conditioning provision in a paid role.

At the end of the Studentship you would have been upskilled in:-

- Applied Speed, Strength and Power programming for elite rugby players.
- Gained valuable applied experience within a professional high-performance sporting environment.
- Applied Sport Science data collection and application with Catapult GPS and Heart Rate.
- Been mentored by experienced strength & conditioning coaches through in house CPD, covering a studentship curriculum of return to play protocols and case studies. Strength, power & speed development and energy system development for rugby union.

Hours:-

- Due to the role dynamics the club will be flexible with other commitments, however will expect full commitment for our main training days during the week.
- All training kit will be provided.

Please send CV and cover letter (1 page max) to [lyn.jones@ospreysrugby.com](mailto:lyn.jones@ospreysrugby.com)

Start date 22/06/2020

Only shortlisted applicants will be contacted.