



## Ospreys Rugby Strength & Conditioning Studentship 2021/2022

Ospreys Rugby are providing a Strength & Conditioning studentship opportunity for the 2021/2022 season.

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

Successful applicants will get 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.

At the end of the Ospreys studentship you will be 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.
- Mentored by experienced elite strength & conditioning coaches through in house CPD, cover a studentship curriculum of return to play protocols and case studies, Strength, Power & speed development and energy system development for rugby.

**Ospreys Rugby Ltd**  
Liberty Stadium, Landore  
Swansea, SA1 2FA

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**E** [info@ospreysrugby.com](mailto:info@ospreysrugby.com)  
**www.ospreysrugby.com**

REGISTRATION NO. 4730479  
VAT REGISTRATION NO. 8107857 27





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

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

The closing date for applications will be the 26<sup>th</sup> March 2021. Only shortlisted applicants will be contacted for online interview initially then onsite interview.

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