



## STRENGTH & CONDITIONING WORK EXPERIENCE/INTERN X4

Leicester Riders Basketball Club is the oldest professional club in Britain and has been one of the most successful Basketball Programmes in the past 10 years at all levels of competition. Over the past 10 years, the club has enjoyed success including numerous BBL League, Cup, Trophy and Play-Off titles. Leicester Riders Basketball Programme has a long-established Academy programme that aims to prepare young talent for playing at the university and collegiate level and is one of the largest academy programmes in the UK.

### Description

**Title:** Physiotherapy Intern

**Title:** Strength and Conditioning (S&C) Intern x4

**Responsible to:** Head of S&C/Sport Science and Lead S&C Coach

**Role:** Assist in the delivery of S&C/Sport Science support to the Charnwood College England Development Academy Programme (Ages 16-19) and the foundation programme (Ages 13+).

**Hours of work:** 12-16 hours/week – Includes morning, after school, and some school time sessions. Weekend and bank holiday availability preferable.

**Location:** Primarily based in Loughborough at Charnwood College, occasional travel to Leicester Morningside Arena for additional activities and games.

**Remittance:** £1000 CPD budget provided by the Kris Ledgard Foundation and a Leicester Riders kit pack

**Application deadline:** 31st May 2022

### Key Tasks

- Assist the Lead S&C coach in the delivery of gym-based and on-court S&C to the EDP academy.
- Work within and around the guidelines set by Basketball England in conjunction with the EDP regulations and audit.
- Carry out and provide daily load monitoring and training recommendations for the EDP academy.
- Work within an interdisciplinary Sports Science and Medicine (SSM) team to support EDP academy player development and education.
- Engage in CPD tasks/activities to work towards the UKSCA accreditation.
- Assist in developing and engaging with the UKBSSA activities.



## Person Specification

### Essential

- Sport Science/S&C undergraduate degree (A)
- Experience working within an interdisciplinary team (A/I)
- Minimum of 1-year experience delivering/assisting S&C support to large groups and individuals (A)
- Previous experience working with youth players and implementing long-term athlete development framework (A/I)
- Ability to communicate effectively with people of various ages and backgrounds (A/I)
- Reliable and hard-working 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 Sports Science/S&C (A)
- Knowledge and understanding of general sport science, nutrition and psychology to aid the support service (A/I)
- Previous experience playing/working within basketball (A/I)

### In addition

- Disclosure of Barring Service (DBS) (A)
- First Aid Qualification (A)

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

To apply please forward your CV and accompanying Covering Letter to:

**Head of S&C/Sport Science:**

Arran Parmar – [arran@riders.basketball](mailto:arran@riders.basketball)

**Cc in the Lead S&C coach:**

Jordan Godfrey - [jordan@riders.basketball](mailto:jordan@riders.basketball)