



## Strength and Conditioning Intern Intern Description and Hiring Process

October 14, 2020

[APPLICATION LINK](#)

**Location:** Chula Vista, CA or Denver, CO

### **Process**

1. Applications open for one month (October 14 - November 14)
2. Applications closed and Committee determines candidates for next round
3. Candidate pool completes follow up task
4. Final interviews based off task responses
5. Hire End of November

### **What Is this Position?**

1. Using *StatSports GPS and Software* to monitor and assess all trainings and games
2. As directed by the Head of Performance, deliver S&C coaching to individuals within the National Teams and Pathway programs
3. Work closely with the Head of Performance to ensure an integrated approach to physical preparation.
4. Receive and convey information given by the physiotherapists, sports doctor and Head of Performance on individual needs to reduce risk of injury, optimise player availability and maximise health and performance.
5. Assist in conducting and analyzing performance testing for athletes and assist with data collection, management and effective dissemination of this information to all key stakeholders
6. Assist in the creation of player friendly educational resources (i.e. infographics) on diet, exercise, sleep, and recovery
7. Assist the Head of Performance with the scheduling and coordination of players to S&C sessions
8. Assist in the management and delivery of sports injury rehab, and maintain a database of all work conducted / progress of injured pupils in line with our reconditioning and return to play processes.
9. Help maintain the facility and conduct weekly maintenance checks of equipment.
10. Be of 'added value' to wider USA Rugby High Performance programs wherever possible



### **Who Are We Looking For?**

1. Successful candidates will have or be working toward a degree in strength and conditioning, kinesiology, or a related field
2. Be proficient with technology and willing to and capable of learning new systems as required
3. Have good communication skills
4. Possess the ability to self-organize when required
5. Possess a strong work ethic and willingness to work odd hours at times

### **Hiring Committee**

General Manager High Performance Pathways - JD Stephenson (Chair)

High Performance Director - Huw Bevan

International Athlete Representative - TBD

Men's National Pathways Manager - Brendan Keane

**Successful applicants must be current holders of SafeSport certification and pass a background check.**