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| http://www.teamlink.co.uk/sites/default/files/Leicester_tigers_badge_1.png **Leicester Tigers Developing Player Pathway** http://www.teamlink.co.uk/sites/default/files/Leicester_tigers_badge_1.png | |
| **Role Title** | DPP Strength and Conditioning Coach Voluntary Intern |
| **Description** | This voluntary position will be part of the Leicester Tigers Academy Developing Player Programme (DPP) and the DPP coach development programme. This coaching development programme has a proven and successful, long term record of developing coaches into gaining full time professional careers in the field. Graduates of this have gone on to take such roles at Leicester Tigers, Bath Rugby Club, Arsenal FC, Leicester City FC, EIS, Saracens RFC and the LTA, amongst other organisations. The position will involve working closely with other intern S&C coaches, DPP rugby coaches and the Athletic Development Co-ordinator. Sessions will involve intermittent, separate blocks of rugby and S&C, conducted out in the field. The application of this fits within the clear structure of athletic development philosophy. Practically, the role requires setting up, assisting and leading components aimed to address the fundamentals of rugby athleticism, within a well structured overall training session. Coach development will not only be achieved through attendance to these weekly sessions, but also through attendance to CPD/coaching meets at the Leicester Tigers Oval Park Training Ground, and through continued dialogue with other coaches and the athletic development co-ordinator. |
| **Voluntary Hours Required & Pattern** | * Approx 2.5 hours p/w * Either Monday or Tuesday evening ~ 5.30pm * September to May |
| **Person Specification** | * Determination to develop and improve * Confidence to lead groups and communicate effectively with other coaches * Enthusiasm towards the role * Commitment to the programme and your development |
| **Level / Course of Student** | * Undergraduate or postgraduate sport science/sport coaching students |
| **Essential Prerequisites / Qualifications** | * Experience coaching in team sport * Ability to gain full CRB disclosure |
| **Place of work & Line Management** | * One of the Leicester Tigers DPP centres located in the Midlands * Athletic Development Co-ordinator |
| **THE STUDENT OFFER - WHAT WILL THIS INTERNSHIP PROVIDE YOU WITH?** | |
| **The Experience You Will Gain** | * A programme focused on coach development, not just player development * Scope to develop up a proven internship ladder gaining significant responsibilities * Experience working within a unique, evidence based athletic development programme, under the umbrella of one the largest academy programmes in rugby * Experience working within a team of S&C and rugby coaches * Opportunity to learn and discuss the actual art of the application of training and coaching theory into an applied training programme, from adolescent to senior athletes. * In the field experience coaching in a challenging environment * Opportunity to present on certain areas related to athletic development to the coaching group, to act as an introduction to a group discussion/debate * Mentoring from Athletic Development Co-ordinator |
| **Expenses** | * This is a self funded, voluntary experience |
| **Application Process & Further Information** | * Applicants should submit a CV and covering letter to Robin Eager (robin.eager@tigers.co.uk) by Friday 23rd May 2014. Only applicants progressing to the next stage of the selection process will be informed, in the week commencing 16th June 2014. |