

EXETER CHIEFS INTERNSHIPS

Resistance Training & Nutrition Support



Role: To provide daily training support with player resistance programs and assist in player hydration & nutrition strategies around team training sessions.

Start: July 2024

End: June 2025

Exeter Chiefs performance department are looking to recruit Sports Science students within Player Monitoring and Strength & Conditioning roles for both the elite men's and women's programs based at Sandy Park.

These students should be energetic and driven with a view to developing experience and knowledge within elite sporting performance areas. The structured internship program will offer the ability to progress in your chosen area of performance coaching alongside completing a range of day-to-day responsibilities to assist in team preparation week to week.

YOU WILL NEED TO HAVE:

- Full & Clean Driving License
- Hard-working, dedicated, pro-active, keen to learn
- Efficient Time Keeping
- Interest in Elite Sport
- Socialable / Effective communication skills
- Role model to players

Please send all applications including: a supporting letter, CV and references to scvacancies@exeterchiefs.co.uk



MAIN ROLES AND RESPONSIBILITIES

- Daily preparation of player supplementation/nutrition.
- Assisting in setting up of gym-based resistance sessions.
- Provide assistance & Coaching in strength and conditioning sessions.
- Kit preparation for on field training sessions training (water bottles etc).
- Help with on field sessions where required (running water, warm-ups, cooldowns)
- Preparation of match day nutritional support.

MEN'S TYPICAL TRAINING WEEK (SATURDAY FIXTURE)

Monday	Tuesday	Wednesday	Thursday	Friday
0800-1600	0800-1600	0800-1500	-	0800-1400

WOMEN'S TYPICAL TRAINING WEEK (SATURDAY FIXTURE)

Monday	Tuesday	Wednesday	Thursday	Friday
0800-1400	1400-2000	-	1400-2000	-

*These times and days are subject to change dependent on the weekly fixture and training length

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