



## Leicester Tigers Developing Player Programme



Role Title	<i><b>DPP Strength and Conditioning Coach Voluntary Intern</b></i>
<b>Role Description</b>	<ul style="list-style-type: none"> <li>This voluntary position will be part of the Leicester Tigers Academy Developing Player Programme (DPP) and the DPP coach development programme.</li> <li>The position will involve working closely with other intern S&amp;C coaches, DPP rugby coaches and the Athletic Development Co-ordinator.</li> <li>Sessions will involve intermittent blocks of rugby and S&amp;C, conducted out in the field. The application of this fits within the clear structure of athletic development philosophy.</li> <li>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.</li> <li>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 Training Ground, and through continued dialogue with other coaches and the athletic development co-ordinator.</li> </ul>
<b>Voluntary Hours Required &amp; Pattern</b>	<ul style="list-style-type: none"> <li>Approx 2.5 hours p/w</li> <li>Typically Mondays from between 6.00-7.00pm</li> <li>September 2015 to April 2016; role will require attendance at training days throughout summer.</li> </ul>
<b>Person Specification</b>	<ul style="list-style-type: none"> <li>Determination to develop and improve</li> <li>Confidence to lead groups and communicate effectively with other coaches</li> <li>Enthusiasm towards the role</li> <li>Commitment to the programme and your development <b>as an S&amp;C coach</b></li> </ul>
<b>Level / Course of Student</b>	<ul style="list-style-type: none"> <li>Undergraduate or postgraduate S&amp;C/sport science/sport coaching/PE students</li> </ul>
<b>Prerequisites / Qualifications</b>	<ul style="list-style-type: none"> <li>Experience coaching in team sport (<b>Note - not necessarily S&amp;C-specific coaching</b>)</li> <li>Ability to gain full CRB disclosure</li> </ul>
<b>Place of work &amp; Line Management</b>	<ul style="list-style-type: none"> <li>Coaches will be assigned to work from one of the following 9 DPP Centres:               <ol style="list-style-type: none"> <li>1) Leicester Grammar School (Venue TBC – Tuesday Evening)</li> <li>2) Hinckley Rugby Club (Monday Evening)</li> <li>3) Newark Rugby Club (Monday Evening)</li> <li>4) Walsall Rugby Club (Monday Evening)</li> <li>5) Longton Rugby Club (Monday Evening)</li> <li>6) Mount St Mary's College (Monday Evening)</li> <li>7) Market Rasen &amp; Louth Rugby Club (Monday Evening)</li> <li>8) West Norfolk Rugby Club (Monday Evening)</li> <li>9) Easton College (Monday Evening)</li> </ol> </li> <li>Athletic Development Co-ordinator</li> </ul>
<b>THE STUDENT EXPERIENCE - WHAT WILL THIS INTERNSHIP PROVIDE YOU WITH?</b>	
<b>The Experience You Will Gain</b>	<ul style="list-style-type: none"> <li>A programme focused on coach development, not just player development</li> <li>Scope to develop up a proven internship ladder gaining significant responsibilities</li> <li>Experience working within a unique, evidence based athletic development programme, under the umbrella of one the largest academy programmes in rugby</li> <li>Experience working within a team of S&amp;C and rugby coaches</li> <li>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.</li> <li>In the field experience coaching in a challenging environment</li> <li>Opportunity to present on certain areas related to athletic development to the coaching group, to act as an introduction to a group discussion/debate</li> <li>Mentoring from Athletic Development Co-ordinator</li> <li>Graduates from this programme have progressed into full time roles in the industry, including Leicester Tigers, Bath Rugby Club, Arsenal FC, Worcester Rugby Club, Leicester City FC, EIS, Saracens RFC and the LTA.</li> </ul>
<b>Expenses</b>	<ul style="list-style-type: none"> <li>This is a self funded, voluntary experience</li> </ul>
<b>Application Process</b>	<ul style="list-style-type: none"> <li>Applicants should submit a CV and covering letter by <b>Friday 24<sup>th</sup> Apr 2015</b> to both Robin Eager (<a href="mailto:robin.eager@tigers.co.uk">robin.eager@tigers.co.uk</a>) &amp; Kevin Mannion (<a href="mailto:kevin.mannion@tigers.co.uk">kevin.mannion@tigers.co.uk</a>)</li> <li>The covering letter should detail why the applicant feels suited to the role, why the role interests them, and what they feel they will gain from the role.</li> <li>Only applicants progressing to the next stage of the selection process will be informed.</li> </ul>