



Sussex Cricket Sport Science Internships 2020

Job Titles: **Position 1: Undergraduate Sport Science Internship**
 Position 2: Undergraduate Strength and Conditioning (S&C) Internship

Duration: 12 months from June/July 2020

Applicant:

We are looking to for **two** students who have a passion for cricket and who wish to become an integral part of one of the most successful, first class county cricket clubs. The students will preferably have a cricket playing background, as they will be getting involved with all the practical aspects of the team warm-ups and training, as well as working with the Science and Medicine team.

Please note that the undergraduate students must be looking for a work placement as part of a sandwich degree.

Position 1: Should have a keen interest in data collection and daily player monitoring/testing.

Position 2: Experience in practical aspects of gym-based training and lifting.

Please Note: Both positions will gain exposure and experience in all aspects of Sports Science/Strength and Conditioning that is delivered by the Science and Medicine team so there will be a large crossover within both positions throughout the internship. However, there will be opportunities to be involved in individual areas of interest that may be more aligned to Sports Science or Strength and Conditioning throughout the internship.

Main duties:

- To assist the Science and Medicine Department in the day- to- day running of a 1st class cricket club
- To assist the Club's S&C coaches with physical training on-field and in the gym
- To support professional players during conditioning sessions
- To have an active role in the management of academy and EPP players
- To assist with the management and delivery of player rehabilitation and conditioning
- To assist with post session recovery work and nutritional supplementation
- To provide logistical support for training and match days
- To provide research support in current sport science theory
- To collate and input training and playing data including monitoring, fitness testing, performance analysis

Please note that the list above is not exhaustive and reasonable duties may be added or removed at the discretion of the Club staff.



Expected learning outcomes:

- To develop an understanding of first- class S&C in the sphere of professional sport
- To develop an understanding of injury prevention and rehabilitation
- Understand the importance of player monitoring and screening
- To develop an understanding of how to apply sport science theory in a practical setting
- To develop an understanding of nutrition, hydration and supplementation
- Develop skills in coaching within a cricket environment
- To develop the ability to function effectively within a team in a high-pressure environment
- To develop a structured CPD plan working towards UKSCA accreditation

Expenses:

- Please be aware that the Club is not in a position to fund this placement and as such students need to meet all their own living and travel costs.
- There may be potential to earn money working at the Club on an ad-hoc casual basis (e.g. catering work, office cover at the Indoor School)
- There may be potential to earn money delivering fitness classes to Club staff (to be discussed at interview)
- Sussex Cricket would, however, cover any costs incurred whilst travelling on behalf of the Club

Point of contact:

Please send your CV and a one page covering letter outlining how you meet the requirements of the role to:

Kay Gunn, Head of People at: recruitment@sussexcricket.co.uk

Closing date: 10am on Thursday 30 January 2020