



Sussex Cricket Limited Sport Science Internships 2019

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

Duration: 12 months from June/July 2019

Applicant:

We are looking 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 & 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.

Main duties:

- To assist the Science & Medicine Department in the day- to- day running of a 1st class cricket club
- To assist with post session recovery work and nutritional supplementation
- To provide logistical support for match day
- To provide research support in current sport science theory

- **Position 1:** To collate and input training and playing data including:
 - Daily monitoring, fitness testing, performance analysis
 - Assist with the management of player rehabilitation and conditioning

- **Position2:** Gym and physical training support to the Club's S&C:
 - Support professional players during conditioning sessions
 - Active role in the management of academy and EPP players

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)
- Sussex Cricket would, however, cover any costs incurred whilst travelling on behalf of the Club.

Point of contact:

Please send your CV and a 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 Monday 21 January 2019