



Samoa Rugby Union Strength & Conditioning Internship

Samoa Rugby Union is accepting applications for an exciting Strength & Conditioning internship working with a variety of International Rugby programs (Manu Samoa, Samoa 7's, Samoa A and Samoa Under 20's) in preparation to compete in International Rugby tournaments, (2019 RWC, 2018/2019 World IRB 7's, Under 20's RWT).

This Internship is a method for gaining meaningful experience within a professional Rugby Union organisation, which involves carrying out key roles associated with the profession under the guidance of qualified and experienced practitioners. The role will be a full time, on Island role that provides a supervised learning environment, mentored by experienced Strength & Conditioning coaches, with over 20 years' in professional sport.

Team uniform and free accommodation, staying at the High-Performance training facility, in a private room will be available. This position offers the opportunity to develop coaching skills in an International sporting environment and the opportunity for future recommendations or opportunities in the field of Strength & Conditioning.

The successful applicant will be required from January 14th and continue through July 31st, 2019. The successful applicant will also be required to travel overseas, representing Samoa at World Rugby tournaments, Samoa A (Fiji), Samoa U20's Rugby World Trophy (Brazil). A remuneration package will be discussed with the successful applicant.

Key Roles Include:

1. Assist the management of Sports Science applications, including but not limited to, GPS, Athlete Acute:Chronic loading information, Athlete wellness data.
2. Assist Strength & Conditioning program facilitation.
3. Assist Physio with return to play protocols for injured athletes.
4. Assist with daily administrative, and maintenance duties
5. Assist in the set-up and break-down of equipment for training sessions; spotting athletes and participate in weekly projects and assignments for the duration of the internship.

Qualifications Required:

1. Must have a strong work-ethic, enthusiasm and a desire to develop the characteristics necessary to become a successful Strength & Conditioning coach.
2. Academic qualifications are open but ideally you will have or be in the process of completing:
 - Bachelor's degree in Exercise Science or related field.
 - Level 1 / 2 ASCA.
 - Current First Aid certification.

Application Process:

Applications close Thursday 1st November 2018 at 5pm (GMT + 13)

Please send 1-page Cover Letter and current CV to the following email:
simon.p@samoarugbyunion.com

Att: Zane Hilton
High Performance Manager
Samoa Rugby Union