



## **Sport Science Graduate Internship**

### **Fixed Term – 12 months**

### **20-30 hours per week**

Middlesbrough Football Club are seeking to recruit a Sport Science Graduate intern, to be based at the Rockliffe Park Training Ground in Hurworth, near Darlington. The successful candidate will be working with the Academy Sport Science staff to support programme delivery, lead workshops and analyse data. This position is ideally suited to a Sport Science Graduate who has completed their degree and has the desire to work in the fast-paced environment of Middlesbrough Football Club.

#### **THE ROLE:**

- To work with the Academy Sport Science/ S&C staff to help support the programme delivery to FP and YDP players.
- To assist with the collection, downloading and reporting of data including GPS, HR, Wellbeing & RPE.
- To assist with physical and anthropometric measurements including data collection, data storage, creating reports for players & staff reporting back physical development, maturation data, growth rates & body composition.
- To assist with the delivery of strength and conditioning, individual on field programmes & recovery sessions with delivery content adapted accordingly for different age groups.
- To lead on educational workshops to parents and players to try and help engage players within these phases to enhance understanding around topics such as nutrition & recovery.
- To have input on the players physical reviews as part of their 6/12 weekly review.
- To be part of an internal CPD programme which will include attending and presenting on topics throughout the season.
- To assist with logging sessions, data and programmes on the PMA application in line with EPPP regulations.
- To work on match days, where necessary conducting pre match warm ups and post-match conditioning in line with recommendations from Academy Sport Science/ S&C staff.
- To maintain strong links with the University and be active in attending and presenting at guest lectures under the guidance of MFC/ Teesside University.
- To attend all meetings and in service training relevant to your position and as advised by Head of Science and Strength & Conditioning

#### **CANDIDATES SHOULD:**

- Have a BSc (hons) Sport Science or related degree.
- Have a UK drivers licence (or have the ability to commute to MFC Training Ground at Rockliffe).
- Be flexible with working pattern due to the nature of the working environment and willingness to work unsociable hours & weekends as the job demands.
- Be able to work well as part of a multi-disciplinary team.
- Be able to demonstrate excellent interpersonal skills and be able to use a variety of methods of communication for different audiences.
- Have experience of teaching/ coaching/working with children of varying ages.
- Be innovative with thinking and ideas.
- Be honest, with the ability to uphold a high level of confidentiality at all times.
- Be eligible to work in the UK.

The salary for the role is competitive and will be discussed with shortlisted candidates at interview stage.

**CLOSING DATE: 29<sup>th</sup> October 2023**

If you would like to be part of a committed team who value humility, respect and honesty please contact [recruitment@mfc.co.uk](mailto:recruitment@mfc.co.uk) to request an application form quoting Ref MFC/SSGI

*MFC is an equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates regardless of sex, race, disability, age, sexual orientation, gender reassignment, religion or belief, marital status, or pregnancy and maternity.*

*MFC is also committed to the safeguarding of vulnerable groups.*

**HONESTY & INTEGRITY**  
DO THE RIGHT THING

**HUMILITY**  
SHOW A  
WILLINGNESS  
TO LEARN  
DEVELOP  
AND GROW

**INCLUSION**  
PROVIDING  
OPPORTUNITIES  
FOR ALL

**LOYALTY**  
COMMITTED  
TO SHARED  
SUCCESS

**RESPECT**  
VALUING  
EACH OTHER  
AND OUR  
ENVIRONMENT

**TEAMWORK**  
WORKING  
TOGETHER  
TO ACHIEVE  
OUR GOALS

