



Sport Science Graduate Internship Fixed Term – 12 months 20-30 hours per week



Middlesbrough Football Club, in partnership with Teesside University School of Health and Life Sciences, are opening this vacancy to Teesside University Graduates as we 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 (graduated from Teesside University).
- 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: 25th October 2024

If you would like to be part of a committed team who value humility, respect and honesty please contact 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

