

Strength & Conditioning Work Placement & Student Internship Opportunity 2025-26

DoTraining & Performance LTD, a high-performance Strength & Conditioning (S&C) consultancy established in 2010, is recruiting up to 8 candidates for our 2025-26 work placement and student internship program. This program, in its 11th year, runs from late August to early May in partnership with East London Sports, the performance sports program at the University of East London (UEL).

DoTraining & Performance holds numerous S&C contracts across London and Essex, working with diverse sports and athletes. East London Sports competes in over 20 BUCS sports annually, with many students achieving national and international representation. The program supports over 150 sports scholars and includes partnerships with elite athlete external membership schemes. We are a Sport England TASS Accredited Centre and a performance hub for the East London Sport Talent Pathway and TASS programs. Our "Elite Athlete" program supports Olympians, world champions, and professionals across high-level European and NCAA Basketball leagues, professional boxing, track and field, British Swimming, The PFA, The PGMOL, and The Premier League.

This **voluntary** placement offers invaluable real-world coaching experience across a wide range of sports and ability levels, fulfilling work placement requirements and aiding career advancement in the S&C industry.

Role Description

Interns will assist in the delivery of S&C services and daily operations of DoTraining & Performance LTD and its partners. Key responsibilities include:

- Assisting in S&C service delivery and daily operations.
- Working under the guidance of accredited S&C coaches (or technical sports coaches).
- Performing general gym duties and assisting in maintaining a professional training environment.
- Assisting with and gaining knowledge of performance testing, data collection, and reporting.
- Attending regular CPD days (at least 8 per year) and networking opportunities.
- Being a proactive member of the multidisciplinary support team.
- Adhering to UKSCA and UEL Professional Code of Conduct, standards, and Health & Safety guidelines.

Role Requirements

- Commitment: Minimum of 6 sessions/week (9 hours), including mornings, evenings, and public holidays, spread across Monday-Saturday.
 - Modules: Completion of 8 modules between October and May, each with CPD attendance and practical/written assessments.
 - Professionalism: Professional and reliable attitude with strong time management.
 - Reporting: Report directly to the Director of S&C or lead S&C coaches.
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Qualifications & Experience (Essential)

- Desire to develop coaching and technical knowledge in a high-performance environment.
 - Aspiration to work towards UKSCA and other S&C professional accreditations.
 - Gym environment experience, with a minimum of a Gym Instructor qualification or enrollment/graduation in a sports science undergraduate/postgraduate degree.
 - Proficiency in, or willingness to learn, Excel, Microsoft Office, and Power BI and Ai
 - Passion for performance sports and coaching.
 - Understanding of sports science and sports medicine's impact on performance, coupled with a desire to learn.
 - Up-to-date and relevant S&C knowledge and eagerness to learn.
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Remuneration

This is an unpaid position. However, a small funding package from a sponsor may provide some paid hours and CPD development for selected interns who meet specific criteria. The program's primary goal is to equip interns with the skills and experience necessary for S&C industry jobs. Interns will be mentored by DoTraining's experienced S&C coaches, gaining exposure to our sports science and medical team and working with Olympic, professional, and international athletes.

Over 60% of our graduating interns in the last five years have secured paid positions in the sport and S&C industry. We facilitate networking opportunities with potential employers and coaches. Selected interns may also have opportunities for paid hours assisting technical coaching staff in team training sessions (Football, Basketball, Volleyball).

Duration & Positions

- Duration: 8 months (Early September to Mid-May)
- Positions: 8 available

Application Process

Applications must be received by noon, Monday, July 28th. Shortlisted candidates will be notified via email and may be required to complete a small task. Successful applicants will be invited to a mandatory group educational day in late August/early September (date TBC).

Please send your expression of interest, CV, and a maximum one-page cover letter to:

Duncan Ogilvie Director of Strength and Conditioning, University of East London Email: d.ogilvie@uel.ac.uk

For more information, please visit: www.dotraining.co.uk www.instagram.com/dotraining