STRENGTH AND CONDITIONING

Internship Framework 2018

PURPOSE: TO OFFER STRENGTH AND CONDITIONING STUDENTS WITH AN OPPORTUNITY TO WORK IN AN APPLIED HIGH PERFORMANCE ENVIRONMENT TO INCREASE STRENGTH AND CONDITIONING SKILLS AND KNOWLEDGE.

Experience in elite sport is a crucial component of any high-performance strength and conditioning role, thus a year internship offers this exposure to increase post-graduate student's/graduate's employability.

CRITERIA:

- Be a New Zealand citizen or permanent resident, or hold a valid work permit or study visa
- Hold a Bachelors degree in sport science or related field and / or working towards postgraduate qualifications or have proven work experience in strength and conditioning
- Possess outstanding written and oral communication skills
- Be self-directed, motivated and able to commit to 10 hours+ per week of unpaid work for a 10-month period
- First Aid and CPR or the ability to obtain this prior to commencement of the Internship in February 2019
- A commitment to their strength and conditioning development by holding a Level 1 ASCA, UKSCA or CSCS qualification or the ability to complete this or obtain RPL prior to commencement of the Internship in February 2019
- Hold a full, clean NZ drivers licence and be willing to travel

OVERVIEW:

- 10-15 h per week, volunteered, over a 10-month period from February – December
- 3-month probation period
- There will be a role based at each Regional Training Centre (Auckland, Cambridge, Wellington, Christchurch, Dunedin)
- Interns will complete a deconstructed level 2 ASCA accreditation over the first 6months of the program
- NZC (New Zealand Cricket) familiarisation to occur Feb-May, with increased coaching opportunities over Winter
- Each intern will have 1-2 mentors that will work alongside them to ensure they are achieving learning outcomes
- Sport-specific tasks will be assigned to interns by their mentor to encourage and develop the below learning objectives
- Interns will be expected to attend weekly strength and conditioning meetings and will be invited to attend other HPSNZ presentations when appropriate to receive cross discipline exposure
- The Intern will be challenged with a series of tasks to initiate discussion within the HP environments, topics will originate from the ASCA Level 2 content, and promote discussion around current practices, best practices, challenges, and sharing of experiences
- They will also be tasked with a series of challenges as the basis for developing self-awareness, reflection and observation skills
- While Interns will follow a structured learning framework that will result in the ASCA Level 2 Strength & Conditioning qualification, they will be encouraged to explore their own areas of interest and find ways to value-add to the environment

BY THE COMPLETION OF THE YEAR, MENTORS SHOULD HAVE NO DOUBT AS TO THE ABILITY OF THE INTERNS TO OPERATE SUCCESSFULLY AND EFFECTIVELY IN A HIGH-PERFORMANCE ENVIRONMENT AS AN ENTRY LEVEL STRENGTH AND CONDITIONING COACH.

A series of checks and measures (formal reviews) throughout the program will ensure continual review and feedback is given to ensure every opportunity to succeed.

LEARNING OUTCOMES:

General

- Complete a minimum of 500 hours of practical placement, 15 hours/week for 40 weeks, in a combination of HPSNZ and NZC S&C environments
- Gain the Level 2 ASCA qualification and eligible for the ASCA Pro-Scheme Intern level
- Have the opportunity to coach athletes from various sports at various levels within the HPSNZ and NZC networks
- Develop a comprehensive S&C portfolio demonstrating high level theoretical and practical skills from their practical-based 10-month experience
- Receive 1:1 and small group mentoring from a range of professionals who will enhance not only the technical S&C abilities of the intern, but provide guidance around things such as career planning, communication
- The opportunity to value-add to the HPSNZ & NZC environments by developing resources and mini-projects and the ability to explore their own professional research interests
- Develop a broad professional network within the HPSNZ and professional sport systems across NZ

Sport-Specific Experience

- Assist with any scheduled testing
- Learn to use databases for monitoring training and performance
- Learn how to communicate training, testing and competition reports to coaches and athletes
- Attend selected training, testing and local competitions to understand the performance environment

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