

FREQUENTLY ASKED QUESTIONS

WHEN CAN I APPLY?

These roles will be advertised in Wellington in July 2018, and Auckland, the Waikato, Christchurch and Dunedin in September 2018. Keep an eye on our careers site <https://careers.hpsnz.org.nz/home> for more information.

HOW DO I APPLY?

Go to our careers site where you will find the job advert for the relevant region you would like to be considered for. On the individual position's page, you will see an 'Apply Now!' button. Please complete all sections, sharing as much information as possible. We will also require a CV and cover letter for every application.

WHO CAN APPLY?

People with a passion for sport, with a demonstrable emphasis towards Strength and Conditioning. You must have, or be working towards at the point of applying, the ASCA level 1 qualification. We also require all interns to hold valid First Aid and CPR certificates. It is also preferable to hold a Bachelors degree, or a similar equivalent, in sport science, or a related field.

WHAT IS INVOLVED IN THE RECRUITMENT PROCESS?

As well as sending us your CV and cover letter, there will be a 2 stage interview process. If you are successful in being shortlisted to the first stage, you will be asked to complete a short video interview. It will take no longer than 30 minutes, and just gives the panel a chance to find out some more about you. The second part of the process will be a face to face interview. This may include a short presentation or demonstration in the gym environment. More information will be shared about exactly what this will look like at the time of inviting you to interview. Finally, we will request references from two referees of your choice.

HOW MANY POSITIONS ARE AVAILABLE?

6 in total; 1 in Wellington, Dunedin, Christchurch, and Cambridge, and 2 in Auckland.

HOW LONG IS THE PROGRAMME?

The programme will last 10 months, from February 2019 – December 2019.

WHAT WILL I LEARN?

While you will follow a structured learning framework that will result in the ASCA Level 2 Strength & Conditioning qualification, you will also be encouraged to explore your own areas of interest and find ways to value-add to the environment.

WHAT SKILLS WILL I COME OUT WITH?

You will be guided on this journey and mentored by some of New Zealand's leading S&C coaches, provided with opportunities to develop your individual coaching philosophies and styles, sharpen your coaching skills and develop your 'coaching-eye' on a range of athletes, across multiple sports. You will learn how to interact and operate within a Support Team and start to develop the 'soft skills' to be effective in this space.

WHERE CAN AN INTERNSHIP LEAD TO?

There is a range of potential opportunities for our Intern Alumni, including jobs within HPSNZ, individual sports, further stud, etc. With our supportive network, we aim to do what we can to assist you in leaving the internship

WHAT IS AN AVERAGE DAY LIKE?

In an average day or session, you could be in the gym supporting your S&C Lead with their athletes, using the systems and writing up and recording training plans, or attending workshops as a part of the programme. It can be very varied!

WHAT IS INVOLVED IN THE WORKSHOPS?

You will get the opportunity to meet and learn from some of the industry experts. We encourage you to be inquisitive and get to know the HP system. It may include some travel to see how it all works in some of the other regions.