



Internships with Kenya Rugby Union **Elite Performance Department.**

The purposes of these new posts are to provide support, and to assist with the integration of The Elite Performance Support Strategy into all the Elite rugby teams. The successful applicants will gain invaluable experience and expertise whilst working with the teams and Elite Performance Department.

The roles will involve

- Working closely and contributing to a team of Physiotherapists and Medics
- Providing input into programming and the delivery of strength & conditioning support to senior and academy players.
- Collecting, analysing and presenting wellness data to the performance team.
- Implementing, assisting and supporting the Nutritional, Psychological and tactical programs of all teams.
- Liaising with The Elite Performance Manager, Performance Specialists, Coaches and Medics on a broad range of day-to-day duties.

Desirable requirements but not mandatory

- A minimum 2:1 qualification at degree level (or equivalent) in sports science / or related area
- A sound understanding of the physiological demands of the professional rugby player
- Basic understanding of analysis and interpretation of data
- Prior strength and conditioning experience with individuals or teams
- Strong independent and interdependent skills
- A high standard of organisational skills
- Excellent interpersonal and intrapersonal skills
- Knowledge and skills with Microsoft Office, including Excel spreadsheets.

The role is a one-year position. The post may include weekend and evening duties on a regular basis. There is no salary with this position. Additional benefits will include provision of food during work hours, work attire and occasional travel and expenses.

How to apply

Applicants must email a CV and covering letter to the address below, early application is advised.

Mark Cole

Elite Performance Manager- Mark.cole@kenyarfu.com

Interview

Interviews will take place in the following weeks, however only successful applicants will be notified of the interview dates.

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