

Strength and Conditioning Internship

Monaghan County Board (Coaching & Games Development) are accepting suitable applicants in the area of Strength & Conditioning. This position is suitable for students currently studying or qualified in sport or exercise who would like to gain valuable experience over the coming months. Successful applicants will be tasked with assisting current Head of Athletic Performance and S&C staff.

Tasks

Successful applicants will be selected to work with Monaghan's Development Squads & assist with Secondary Schools who wish to avail of our Strength & Conditioning initiatives. In this role individuals will have various tasks and responsibilities some of which are, conducting pre activity preparation prior to training's and games, introduce and monitor gym programs, injury prevention protocols, impart knowledge on recovery protocols, nutrition and general lifestyle choices. Successful applicants will work closely with Monaghan Coaching & Games personnel and Head of Athletic Performance.

Suitable Applicants

Applicants should be in the process of or have completed studies in the area of strength and conditioning or a sports related course. Have previous experience working in football or hurling at any level or with a keen interest in gaining knowledge in this area. Be willing to upskill or have previous experience in the area of performance analysis. Applicants will be expected to be available for games and training sessions, ability to travel to games and training is essential.

How to Apply

If you wish to apply for this position, can you please forward your CV to Barry McKenna at BMKMONAGHANGAA@GMAIL.COM . Deadline for CV's is on or before Friday 8th December @ 5pm. Furthermore, if you want to receive any more information on the above opportunity please contact Barry on the above email address.

The selection process will include an interview.