

TFA ELITE – HIGH PERFORMANCE ACADEMY

Company: TFA Elite- High Performance Academy

Job Title: Assistant Physical Performance Coach

Location: Limerick

Job Description:

The High Performance Football and Education Programme at UL Sports Campus is a unique opportunity for transition year students to develop their football skills while also receiving academic support and personal development opportunities. The programme is designed to provide a holistic approach to education and sport, with a focus on the physical, mental, and social development of students.

As a Strength and Conditioning Coach Intern, you will assist in the design, implementation, and delivery of strength and conditioning programs for athletes in our football academy. You will work alongside experienced coaches and support staff to help our athletes achieve their performance goals. You will also have the opportunity to participate in team meetings, workshops, and training sessions to enhance your skills and knowledge.

Responsibilities:

- Assist in the design and implementation of strength and conditioning programs for athletes
- Conduct fitness assessments and monitor athlete progress
- Provide individualized feedback and guidance to athletes
- Collaborate with other coaches and staff to support athlete development
- Ensure that training practices are safe and effective
- Maintain accurate records of athlete progress
- Attend team meetings, workshops, and training sessions as required

Requirements:

- Completed or pursuing a degree in sports science, kinesiology, or a related field
- Strong knowledge of strength and conditioning principles
- Passion for soccer and understanding of the sport's physical demands
- Ability to work flexible hours, including weekdays and evenings
- Excellent communication and interpersonal skills
- Ability to work effectively in a team environment

Additional Requirements:

- Experience working with transition year or secondary school students is preferred
- UEFA B or equivalent coaching qualification

- Strong knowledge of football coaching principles and techniques

Duration and Hours

The internship will last for a minimum of 9 months, starting September 2023, with the possibility of extension and part-time position based on performance and availability. Interns will be expected to work approximately 20 hours per week, with the majority of these hours being Monday to Friday and in the evenings. The exact schedule will be determined based on the needs of the academy and the availability of the intern.

Compensation

This is an unpaid internship position, but it offers valuable experience and the opportunity to work with a professional sports organization. Interns will receive mentorship and support from experienced coaches and staff, and may have the opportunity to earn recommendations and references for future career opportunities.

Application Process

To apply for the Strength and Conditioning Coach Internship, please submit a resume and cover letter outlining your qualifications, experience, and interest in the position to Thomondfootballacademy@gmail.com. Selected candidates will be invited to participate in an interview and assessment process.

