



Sport Science Internship

Employer:	Watford Football Club
Job Title:	Sports Science Intern
Location:	Watford Football Club - Training Ground, London Colney
Type:	Full Time for 2024/2025 Season
Passport/Visa:	Must be eligible to work in the UK
Closing Date:	12noon 31 st January 2024

Watford Football Club have Sports Science Internship placement positions available for the 2024/2025 football season. The successful applicants will work closely with either the Men's First Team or throughout our Academy. You will learn a comprehensive range of skills to progress your career once completing University.

These placements are for current undergraduate students only studying a Sports Science related degree, that are looking for a work placement opportunity within the field of Sports Science & Strength and Conditioning. The internship will be unpaid; however, expenses will be covered. (Please note we cannot accept applicants who have already finished or are finishing their studies in the summer of 2024).

Main duties of the internship will consist of:

- Providing GPS reports of team and individual analysis
- Assist with daily workflow to set up training and gym sessions
- Working alongside the pitch session with Sports Science staff and coaches to improve the quality of the session
- Contributing towards player rehab and performance programs
- Assist in nutrition and hydration preparation for the team and individuals
- Working matchdays and assisting the Sports Science department

The placements are full time, however working hours will vary depending on the fixture list of all teams. Please note evenings and weekend hours will be required.

Applicants should ideally be based local to London Colney or the surrounding area and be a UK resident or non-UK resident with a valid UK work permit.

You must have:

- Studying towards a degree in Sports science/equivalent degree, with a placement year
- Experience of working with athletes, from novice and amateur, to professional
- Experience of completing physical exercise and strenuous activities
- Interest in coaching, strength and conditioning or sports science
- A strong ability to operate Excel
- Ability to commit from June 2024 – May 2025
- Full UK driving licence or ability to travel to various locations due to the demands of the role
- Understanding of the Clubs commitment to EDI & Safeguarding

You would ideally have, but not vital:

- Experience working in high performance environments
- Working knowledge of higher excel programming and data processing

As a regulated activity provider and as part of the short-listing process we may:





1. Complete reference requests prior to interview.
2. Carry out an online search for publicly available information as part of the due diligence process.
3. If your application is successful be required to obtain a DBS disclosure at the appropriate level (role dependant)

Club Commitment:

Equality, Diversity & Inclusion (EDI):

We are dedicated to fostering a diverse and dynamic working environment by building a team that represents a variety of backgrounds, perspectives, and skills. We are an equal opportunities employer and welcome applications from all sections of the community.

Safeguarding:

We provide a safe and secure environment for all. We believe Safeguarding and promoting the welfare of children & adults is everyone responsibility. Everyone in the organisation has a role to play, to ensure that club policies, procedures and practices in regard to safeguarding are followed.

Application Process:

1. Please download and complete our internship application form located on the Club website under the career section (Club/ Careers) www.watfordfc.com/club/careers
2. Please send completed internship application form, cover letter detailing why you would be suitable for the internship, right to work in the UK documents and your CV via email to hradmin@watfordfc.com or by post to HR Admin, Watford Football Club, Vicarage Road Stadium, Watford, Hertfordshire, WD18 0ER.

