

WE'RE HIRING

Athletic Performance Intern (S&C / Sports Science)

Job Title: Athletic Performance Intern

Accountable To: Head of Performance

Hours: To be discussed with the successful applicant (home fixture commitment required)

Start Date: [Insert Date]

Role Overview

Doncaster Knights are seeking a highly motivated and dedicated Athletic Performance Intern to join our performance team for the 2026/27 season. This is a unique opportunity for an ambitious student or recent graduate to gain hands-on experience within a professional Championship rugby environment.

Key Responsibilities

- **Strength & Conditioning:** Assist in the delivery of gym-based sessions, lead warm-ups, and support the implementation of evidence-based programming.
- **Sports Science:** Assist in the collection and analysis of GPS metrics, monitoring of wellness data, and the maintenance of athlete management systems.
- **Operational Support:** Support the performance team with daily logistics, equipment preparation, and recovery protocols.
- **Matchday Support:** Provide on-field and off-field assistance during home fixtures to ensure the team is match-ready.

What We Are Looking For

- Currently studying (or recently graduated from) a Sport and Exercise Science, Strength & Conditioning, or a closely related degree.
- A strong commitment to evidence-based practice and a desire to work in an elite sports environment.

- Reliable, professional, and capable of working effectively within a multidisciplinary team.
- Willingness to learn and contribute to a high-performance culture.

What We Offer

- Invaluable experience in a professional rugby environment, working directly under the Head of Performance.
- Exposure to industry-standard data automation and performance analysis workflows.
- Access to club facilities and support for your personal development throughout the season.
- **Note:** This is an unpaid, voluntary placement. Travel expenses and relevant support will be considered.

To apply, please send your CV and a one-page cover letter to:
jknight@castle-park.co.uk

Applications will remain open until the position is filled.