

CONNAH'S QUAY NOMADS

Job Title: First Team Football Strength & Conditioning – Paid Internship

Location: Connah's Quay Nomads FC

Start Date: 26th June 2025

Duration: Season-long

Reports to: First Team Coaching Staff

Overview:

Connah's Quay Nomads FC, one of the leading clubs in the Cymru Premier, is offering an exclusive paid internship opportunity for a motivated and ambitious individual who wishes to also study on the **MSc Strength & Conditioning programme at Wrexham University**. This role will provide hands-on experience in a high-performance environment, supporting the First Team through strength and conditioning, sports science and end-stage rehab duties.

Key Responsibilities:

- Lead the planning and delivery of pitch and gym-based physical development at **two weekly training sessions** and **all First Team home and away matches**
 - Lead the collection, analysis and reporting of training and match load monitoring. Provide concise, data-driven feedback to First Team coaching staff and players following matches and sessions
 - Develop and monitor gym-based strength and conditioning programming for the first team squad
 - Support the team with supervision and preparation on matchdays (match day warm up, GPS, nutritional strategies, additional conditioning)
 - Assist the medical department physiological testing and screening of players throughout the season
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Requirements:

- Must apply to study on the MSc Strength and Conditioning program at Wrexham University for September 2025.
 - Passion for football and athletic development with a desire to work in an elite environment
 - Basic experience with GPS analysis software (e.g. Statsport, Catapult, Player Data)
 - Clear and confident communication skills, both written and verbal
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CONNAH'S QUAY NOMADS

- Highly organised, reliable, and able to manage own workload
 - Willing and available for evening/weekend work to cover training and matches
 - Own transport is desirable due to travel commitments
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What We Offer:

- Monthly paid internship
 - Access to professional load monitoring GPS equipment and software
 - Structured mentorship from experienced practitioners and coaching staff
 - Practical experience to support academic studies and future career in elite sport
 - Opportunity to work within a professional First Team environment
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How to Apply:

To apply, please submit your CV and a brief cover letter explaining your interest in the role and your current studies on the MSc Football Science and Coaching programme at Wrexham University to jay.catton@the-nomads.co.uk by **Monday 9th June 2025 9:00am**.

