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Registered in England
Company No. 3861294

Strength & Conditioning Industry Placement

Bedford Blues are seeking a Strength and Conditioning industry placement for the 2026/27 Elinor Champ Rugby season to work with our Head of Department, Jamie Bain. The role will give the successful applicant the opportunity to work within a leading English rugby club.

Purpose of the Placement:

- (i) To provide support to the Bedford Blues Strength and Conditioning programme, particularly around strength and fitness implementation, data collection, analysis and evaluation.
- (ii) To provide an aspiring Strength and Conditioning Coach with an opportunity to work in and contribute to the performance department of an Elinor Champ Rugby Club.

Time Commitment:

Approx. 12 hours per week with a start date in July to coincide with the return of the playing group for pre-season training. Flexible times can be managed within the week to fit the successful candidate(s), with matchdays required additionally. The position is unpaid.

Job Description:

Will include, but not be restricted to, the following tasks:

- Assistance in delivering comprehensive S&C programmes to first team players.
- Daily set up/closing procedures directed by Head of S&C.
- Data input and analysis of gym and field-based sessions including testing.
- Assistance in ensuring players are ready to perform in training and at games.

Desirable Personal Attributes:

- Applicant must have or be working towards an undergraduate degree in a relevant subject area.
- UKSCA/CSCS is desirable.
- Experience in a gym or field-based environment coaching or assisting in the delivery of coaching.
- A sound understanding of computer software systems, especially Microsoft Excel.
- A working knowledge of rugby union.
- To have an outstanding work ethic and ability to work and communicate as part of a team.
- To be disciplined in their approach to their work and have the ability to adapt.

To apply, send a short covering letter and CV by email to apply@bedfordrugby.co.uk.