



Performance Department Industrial Placement

Location: DPD Stadium at Franklin's Gardens, Northampton

Department: Strength and Conditioning

Reporting to: Head of Strength and Conditioning

Placement dates: August 2027 to June 2028

Eligibility: The placement must form a required part of the applicant's UK-based degree course

"Turn sports science theory into practical experience in elite rugby performance"

The opportunity

Join Northampton Saints for a season-long industrial placement within the Club's Performance department and gain hands-on experience supporting Strength and Conditioning delivery in an elite professional rugby environment. Working alongside experienced Strength and Conditioning Coaches and Sports Scientists, you will help provide organised, practical and data-informed support to professional players.

This placement is designed for a motivated student who wants to translate academic knowledge into applied practice. You will assist with gym and pitch sessions, player monitoring, physical testing, equipment preparation, training-data collection and home match-day support, while learning how different performance disciplines work together to help players train, recover and perform.

What you will learn and experience

- Support the set-up, delivery and pack-down of gym and pitch-based training sessions
- Assist with player-monitoring processes, including GPS, wellness questionnaires and ratings of perceived exertion
- Gain practical experience supporting physical testing across speed, strength and fitness qualities
- Help prepare, organise and maintain training and performance equipment so it is ready for safe and effective use
- Support the accurate collection, checking and organisation of training and testing data
- Contribute to home match-day operations and understand the practical demands of supporting a professional rugby programme
- Observe how Strength and Conditioning Coaches and Sports Scientists use information to plan, adapt and review player preparation
- Work alongside colleagues from strength and conditioning, sports science, physiotherapy and nutrition to understand multidisciplinary performance support

What we are looking for



- A current university student studying Sport and Exercise Science, Strength and Conditioning or a closely related subject, with the placement forming a required part of their UK-based degree course
- A genuine interest in physical preparation, athlete development and high-performance sport
- An enthusiastic, reliable and proactive approach, with a willingness to learn and contribute to routine tasks
- Basic knowledge of training principles and confidence using gym and fitness equipment
- Clear communication skills and the ability to work positively as part of a multidisciplinary team
- Strong organisation, attention to detail and respect for player confidentiality
- Flexibility to work around the demands of professional sport, including early mornings, some evenings, weekends and match days
- Previous experience in a sport, coaching or gym environment would be helpful but is not essential

What you will gain

- First-hand insight into how elite rugby players are prepared, monitored and supported across training, recovery and competition
- A portfolio of practical examples and achievements to draw upon in future applications, interviews and university assessments
- Greater confidence applying academic knowledge within a fast-paced, player-centred environment
- Transferable strengths in teamwork, communication, adaptability, personal accountability and working effectively to deadlines
- Improved professional judgement, including when to act independently, seek guidance and escalate an issue
- Experience of receiving feedback, reflecting on performance and setting meaningful development goals
- A clearer understanding of career pathways in Strength and Conditioning, sports science and wider high-performance sport
- Professional insight and connections that may support further study, accreditation development, graduate roles or future opportunities within sport and fitness

Placement arrangements and eligibility

This is an unpaid educational placement running from **August 2027 to June 2028**. Reasonable travel expenses will be reimbursed in accordance with the Club's agreed expenses arrangements.

To be eligible, applicants must:

- Be enrolled on a UK-based undergraduate, or Master's degree course
- Have an industrial placement or placement year as a required part of the above course
- Obtain confirmation and approval for the placement from their university
- Remain registered as a student, on programme, throughout the placement
- Be available for the full placement period

Application Details:

Northampton Rugby Football Club Ltd
DPD Stadium at Franklin's Gardens,
Weedon Road, Northampton, NN5 5BG
Registered in England 3139409

+44 (0) 1604 751 543
www.northamptonsaints.co.uk



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Please complete our online application form here: <https://yq0lvkhcoir.typeform.com/to/vjsSzt37>

Closing date: 9th November 2026

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