SHAMROCK ROVERS F.C.

Men’s National League Performance Internship

ROLE SUMMARY	
Job Title:	Men’s First Team Internship
Department:	Shamrock Rovers FC
Reports to:	Head of Athletic Development
Remuneration:	Voluntary position – additional earning opportunities through GymLive coach affiliate programme.
Ideal for:	Undergraduates and recent graduates in Sports Science, Strength & Conditioning or a related field including students on an MSc pathway or a part-time course that requires practical experience
Closing Date:	13/12/2026
Term:	2027 Season

About the role

Shamrock Rovers FC is offering an exciting opportunity for an aspiring performance coach/ sports scientist to gain first-team experience in a professional football environment. Join our team and play an integral role in supporting the club’s continued success and growth. Working under the Head of Performance and in collaboration with first team medical, technical and performance staff, you will support the delivery of gym- and pitch-based physical development to the men's first team.

The role is a voluntary position and will require up to 3 days per week, including some weekends.

What you will do

The intern assists the performance department on selected days in the weekly training cycle. Duties grow as you show competence.

- Gym delivery: assist in delivering strength and power sessions to the full squad and small groups.
- Pitch delivery: support conditioning, activation and warm-up protocols and speed work.
- Programming: contribute to individual development programmes under supervision.
- Assist with physical testing (jump, strength and anthropometric profiling) and the pre-session screening process.
- Support the daily training-monitoring system, including GPS collection, wellness questionnaires, neuromuscular monitoring, data entry and cleaning.
- Assist the medical department with the physical components of rehabilitation and return-to-play programmes.
- Maintain standards of behaviour, appearance and confidentiality appropriate to a first-team environment.
- Assist and deliver dynamic warm-ups and activation sessions on all training days.
- Assist in physical profiling, performance testing and injury risk profiling alongside medical and academy staff to inform individual player development plans.

What we are looking for:

- Working towards or holding an undergraduate degree in Sport Science, Strength & Conditioning or a related discipline from a recognised university.
- FAI Safeguarding 1 Certificate and Garda Vetting clearance. If you do not hold these yet, tell us and we will guide you through the process.
- A sound understanding of sports science and strength & conditioning principles, and up-to-date knowledge of research methods.
- Some experience in designing and delivering gym- and pitch-based programmes to teams or individuals.

Skills & Attributes

- Excellent communicator who presents professionally and has strong interpersonal skills.
- Punctual, reliable and coachable..
- Organised, with excellent time-management skills.
- Able to work independently and as part of a multidisciplinary team.
- Driven to set high standards and achieve team objectives.
- Comfortable presenting data to senior staff.

Desirable:

- Postgraduate study in strength and conditioning, or an IUSCA-accredited degree programme.
- Experience in a high-performance team-sport environment, ideally football.
- Experience with RYPT, STATSports, Excel, R, Power BI or Python.
- A full driving licence.

What you will gain:

- A named mentor: the Head of Performance, with an initial goal-setting meeting, a skills audit identifying your development areas, and a structured performance review each training block.
- Formal CPD and Informal CPD with first team and club staff.
- Data training in R, Python or Power BI.
- Meals on site, plus club kit and training attire.
- Earning opportunities through the GymLive coach affiliate programme.
- A defined pathway: former interns have progressed to lead-intern and paid roles within the club's performance department and at other clubs in the League of Ireland and beyond.
- Club wide development opportunities also available to explore: Interns with a particular interest, such as youth development, nutrition or return to play, can spend time with the relevant department, once agreed mentor and fitted around your core performance duties.

How to apply:

Applications close on 31 Dec 2026. Please send a CV and a short cover letter (maximum one page) to eoindonnelly@shamrockrovers.ie

Shamrock Rovers FC is committed to safeguarding and an inclusive recruitment process. Offers are subject to FAI Safeguarding 1 certification and Garda Vetting clearance.