



**Expression of Interest**  
**Performance Science Internship – Welsh Swimming National Program**

Are you interested in providing Performance Science support to Elite International Athletes?

Swim Wales are looking for expressions of interest for UG students to support our national and international swimmers through their next training season. This support includes but is not limited to; filming and technique analysis, data recording and presentation, and performance physiology testing and monitoring. The successful students will be upskilled by the Swim Wales Head of Sport Science & Sport Medicine and invited to the Sport Wales Physiology CPD group, which aims to develop the next generation of Performance Sport Practitioners in Wales.

**PERSONAL ASSETS & SKILLS**

**Candidates will have:**

Essential

- 1) A passion to work in elite performance sport
- 2) Completed their first year in a Sports Science related course at Swansea University
- 3) A proactive, motivated mindset
- 4) The ability to work independently and as part of a team.

Desirable

- 1) Good Excel skills
- 2) Experience filming Sport
- 3) Experience taking blood lactate samples.

**REQUIREMENTS**

The Placement will be based at the Wales National Pool, Sketty Ln, Sketty, Swansea SA2 8QG

The time commitment would be a minimum of 6-8 hours per week, with flexibility around holidays and exam periods.

How these hours are split is to be discussed at interview, however, it'll be across 2-3 training sessions. This would initially be a term-long placement with the opportunity to extend for the whole academic year.

There is an option to begin this internship over the summer, starting in May. This can be discussed at interview.

**APPLICATION DETAILS**

Please send CV and covering letter to [Thomas.bridge@swimwales.org](mailto:Thomas.bridge@swimwales.org)

Candidates will be assessed via an interview

**CLOSING DATE: 18/05/2025**