Sports Science Internship

Employer: Watford Football Club
Job Title: Sports Science Internship
Location: Watford Football Club - Training Ground, London Colney
Type: Full Time for 2027/2028 Season
Passport/Visa: Must be eligible to work in the UK
Closing Date: 12 noon, 31st December 2026

Watford Football Club have Sports Science Internship placement positions available for the **2027/2028** football season (June 27 – May 28). Successful applicants will work closely with either the Men's First Team, or throughout our Academy. You will learn a comprehensive range of skills to progress your career once completing University.

These placements are only for current Undergraduate students studying a Sports Science related degree and are looking for a 1-year work placement opportunity within the field of Sports Science & Strength and Conditioning. (Please note we cannot accept applicants who are finishing their studies in the summer of 2027).

Main duties of the internship will consist of:

- Providing GPS reports of team and individual analysis
- Assist with daily workflow to set up training and gym sessions
- Working alongside the pitch session with Sports Science staff and coaches to improve the quality of the session
- Contributing towards player rehab and performance programs
- Assist in nutrition and hydration preparation for the team and individuals
- Working matchdays and assisting the Sports Science department

The placements are full-time, however, working hours will vary depending on the fixture list of all teams (academy and first team). Please note evenings and weekends hours will be required. This will not be a paid internship, but expenses will be covered.

Applicants should ideally be based local to London Colney or the surrounding area and be a UK resident or non-UK resident with a valid UK work permit.

You must have:

- Studying towards a degree in Sports science equivalent degree with a placement year
- Experience of working with athletes, from novice and amateur to professional
- Experience of completing physical exercise and strenuous activities
- Interest in coaching, strength and conditioning or sports science
- A strong ability to operate Excel
- Ability to commit for the 2027/2028 Season (JUNE 2027 - MAY 2028)
- Full UK driving licence or ability to travel to various locations due to the demands of the role
- Understanding of the Clubs commitment to EDI & Safeguarding

The necessary Disclosure and Barring Service check will apply to this post.

You would ideally have experience, but not vital:

- Working in high performance environments
- Working knowledge of higher excel programming and data processing

As part of the recruitment and safeguarding process, the club may:

1. Request references before interview.
2. Carry out an online search of publicly available information as part of due diligence.
3. Require the successful candidate to complete the appropriate DBS check for the role

Club Commitment:

Equality, Diversity & Inclusion (EDI):
We are dedicated to fostering a diverse and dynamic working environment by building a team that represents a variety of backgrounds, perspectives, and skills. We are an equal opportunities employer and welcome applications from all sections of the community.

Safeguarding:
We provide a safe and secure environment for all. We believe Safeguarding and promoting the welfare of children & adults is everyone responsibility. Everyone in the organisation has a role to play, to ensure that club policies, procedures and practices regarding safeguarding, are followed.

Application Process:

1. Please download and complete our internship application form located on the Club website under the career section (Club/ Careers) www.watfordfc.com/club/careers

2. Please send completed internship application form, right to work in the UK documents and your CV via email to hradmin@watfordfc.com or by post to HR Admin, Watford Football Club, Vicarage Road Stadium, Watford, Hertfordshire, WD18 0ER.