



Highlanders Volunteer Performance Nutrition Internship

Closing date for applications: 1st October 2022

About us

The Highlanders are an exciting, hardworking and collaborate Club driven by the purpose of being a Southern Inspiration.

Overview

Role: Volunteer Performance Nutrition Intern

Department: High Performance Team

Accountable to: Lead Performance Nutritionist, Team Manager

Start Date: 1st December 2022

End Date: 31st June 2023

Schedule: Varies, full time in preseason, 3 days in season

Location: Highlanders World Wide Headquarters, Dunedin

The Role

This volunteer internship is suited to a Masters or Post Graduate performance nutrition student who is looking to gain practical experience in a professional rugby setting and learn from world class practitioners.

The purpose of this role is to assist the Lead Performance Nutritionist with the day to day running of the nutrition programme for the 2023 season, including the preseason commencing in December 2022.

The workload will vary week to week which requires flexibility and adaptability. You will operate full time during the 6 week preseason then approximately 3 days a week during the competitive season.

Duties and Responsibilities:

- Working with the Lead Performance Nutritionist in providing a high quality nutrition programme across the Highlanders club including the High Performance Programme and Under 20s Programme
- Supporting with nutrition provision including;
 - Setting up refuel table
 - Making recovery smoothies and snacks
 - Assisting with team lunches
- Assisting with supplement programme delivery
- Creating and adjusting recipe and education resources
- Assisting with match day nutrition support as desired
- Staying up to date with relevant research and best practice guidelines
- Being a role model in the performance nutrition space and contribute positively to the environment and culture



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About you

As the Performance Nutrition Intern you will assist the Lead Performance Nutritionist with the day to day running of the nutrition programme.

This role is best suited to a Post Graduate or Masters Student performance nutrition student who has completed an undergraduate nutrition degree. Ideally you will also have some experience working within a sporting environment.

Essential skills include:

- Excellent time management, organisation and communication skills
- Innovative and proactive mindset
- Team player
- Flexible and adaptable with time around schedule alterations
- ISAK qualification preferred

On the personality side we are looking for someone who is professional and leads by example but also down to earth, likes a laugh and can fit into a unique work culture like no other.

You will need to be living in Dunedin for the duration of the internship and a NZ drivers licence and car are preferable.

Our Offer

This is a volunteer position however on completion of your internship you will have had the unique opportunity of working alongside and learning from world class practitioners. You will have gained some valuable experience working within a professional sporting environment which will set you up well for future job opportunities.

About the process

To apply for the Volunteer Performance Nutritionist Internship please email a brief CV and cover letter to nutrition@highlanders.net.nz.

Interviews will likely be conducted throughout October 2022.

