



DERRY GAA INTERNSHIP PROGRAMME

Why Join Derry GAA?

Derry GAA is a high-performance organisation built on collaboration, inclusion, and continuous development. This internship offers a unique chance to learn in a forward-thinking environment, immersive hands-on experience, exposure to elite practitioners and insight into high-performance sport.

We value people who bring energy, initiative, and a hunger to improve, both personally and professionally.

Our goal is simple: **you leave better than when you started.** We'll help refine your strengths, develop your areas for growth, and provide a platform to showcase your skills and bring value to the team.

The Role

As an Athletic Development Intern, you'll be involved in supporting the physical development of Derry GAA's development squads on Saturday mornings. You'll begin by shadowing experienced coaches to learn our systems, processes, and frameworks. Over time, you'll gain increasing autonomy, progressing from assisting with segments of sessions to leading full sessions and contributing creatively within agreed parameters.

Key Responsibilities:

- Observe and learn from experienced Strength & Conditioning (S&C) and performance staff
- Assist in planning and delivering athletic development sessions on Saturday mornings
- Take ownership of specific session segments, progressing to full session leadership as appropriate
- Apply creativity within structured frameworks to enhance player development
- Engage in ongoing professional development through feedback, reflection, and collaboration
- Uphold Derry GAA's culture of inclusion, teamwork, and continuous learning



What We Offer

- Direct mentorship and hands-on experience with elite-level practitioners
- A pathway for professional growth within a supportive environment
- Opportunities to contribute ideas, gain autonomy, and build your coaching identity
- Networking and exposure across Derry GAA's performance ecosystem

Note: This is an unpaid internship.

Who We're Looking For

We're seeking individuals who:

- Have a genuine desire to learn, improve, and contribute
- Thrive in collaborative, feedback-driven environments
- Show initiative, curiosity, and resilience, embracing a growth mindset
- Value professionalism, communication, and teamwork

Desirable Qualifications & Experience

- Currently undertaking or having completed an undergraduate degree in Sport and Exercise Science or a related discipline
- Understanding of programming and coaching
- Child protection and vetting clearance (***essential***)
- Previous experience delivering strength and conditioning sessions

(Derry GAA is committed to developing coaches to a suitable standard and welcomes applications from those eager to learn and grow)

We look forward to hearing from you!