

Performance Coach Internship

Reports To: Internship Coordinator

The purpose of the Sports Extra Inc. coaching internship program is to educate participants in all aspects of sports performance coaching. The desired outcome is to place high performing interns as Performance Coaches within the Sports Extra Inc. system upon graduation.

Job Summary:

Interns will assist the Sports Performance Director and Performance Coaches in implementing a comprehensive athletic performance enhancement program. That comprehensive program includes Sports Extra Inc's Performance Coach training, curriculum dedicated to building proficiency in cutting edge athletic training techniques (which includes: acceleration, multi-directional movement, agility, maximum velocity mechanics, and Olympic weightlifting techniques). Interns will be required to participate in groups, observe coaches, and assist in coaching as part of their training. Once the internship program is complete, non-certified interns will be encouraged to sit for their NSCA-CSCS certification. All participants who have received their CSCS will have an opportunity for positions within Sports Extra Inc.

Duties and Responsibilities:

- Participates in training sessions
- Observes and shadows Performance Coaches during training sessions of various ages, skill levels, and protocols
- Attends coaches meetings
- Assists Sports Performance Director with maintaining the facility
- Supports Performance Coaches with updating athletes' files
- Completes all assigned readings, lectures, labs, and assignments in a timely and concise manner
- Adheres to Sports Extra Inc. dress code and behavior requirements

Upon acceptance to a Sports Extra Inc internship, the following requirements will be reviewed in consideration of your internship program:

- Must have an undergraduate GPA of 3.0 or higher based on a 4.0 system
- Must be at least a current senior at a 4 year university. Applicants not in

their senior year may apply but first consideration goes to all seniors.

- Must major/have majored in a related field
- Application packets must include (and be assembled in this order):
- Cover letter of application
- Completed application information (see list above)
- Original school transcript from university/college
- Two (2) letters of recommendation
- Current resume

Essay of 100 words or less describing your career goals