



STRENGTH AND CONDITIONING INTERN

Job Description

ABOUT PERFORMANCE COURSE

The Performance Course's (PC) mission is to enhance athletic performance and build strength of character in individuals and teams, while preparing them for success in life. Each level of our courses are developed from proven scientific training principles. These principles, along with a dynamic training environment, give our athletes a physical and mental advantage over their competition. Our positive, energetic and loyal staff provides each athlete with the attention they deserve and ensures that the athletes learn to enjoy training and value hard work.

STRENGTH & CONDITIONING INTERNSHIP

The internship is a 12-week intensive experience that will allow you to gain valuable skills and knowledge to lay a foundation for a future career as a strength and conditioning coach.

The internship runs from May 14th - August 10th, 2018. You will learn the applied science of strength and conditioning and how to integrate many different skill sets, like programming and movement assessments into a cohesive training philosophy.

Throughout your internship, you will be assigned to a School/Coordinator and get a chance to spend extended time learning how/why/what happens within our training courses.

WHO SHOULD APPLY

The internship is for you, if you are:

- An aspiring strength and conditioning coach
- Highly motivated and self-driven with the ambition and work ethic to become a world-class strength coach
- Interested in sports and have a passion for the weight room
- Open minded and willing to learn

The S&C intern will become a vital member of the PC team and will participate in all in-house professional development opportunities. Additionally, the intern will help run a world-class training facility and develop skills in facility maintenance, strength and power field tests and more advanced strength and power laboratory assessments. It is the opportunity to launch your career with an outstanding work experience.





CORE COMPETENCIES:

- Learning capability
- Communication
- Achievement oriented
- Interpersonal skills
- Analytical thinking
- Results orientation
- Passion for coaching
- Passion for developing character in young athletes

RESPONSIBILITIES:

- Attends all PC professional development sessions
- Attends training sessions and assists with session delivery
- Assists with facility maintenance
- Set up for training and testing sessions
- Learns basics of program delivery from warm up to cool down
- Learns basics of program design for development athletes
- Leads sessions of athletes as directed by a PC Coordinator
- Ensure proper weight room conduct
- Assist in data collection and analysis using strength & power testing equipment

QUALIFICATIONS:

- Final year or recent graduate in an undergraduate University Degree in Kinesiology or related field
- Current First Aid and CPR
- Knowledge of weight room equipment
- Coaching experience
- Past experience as an athlete is an asset
- Ability to work in a fast-paced environment with a high degree of independence and initiative
- Exceptional team building skills and the ability to be flexible and adjust to changing priorities

EMPLOYMENT STATUS: Full Time

PAY: TBD

APPLICATION: Email cover letter and resume to info@performancecourse.com

CLOSING DATE: April 15th, 2018

