



Strength and Conditioning Internship At Athletic Republic Annapolis

Interns will gain experience in a hands on environment in the field of sports performance. Interns will be educated on how to design and implement a training program for an athlete of various age, sport and ability. Areas such as speed and agility training, strength and power development and mobility/stability/flexibility will be reviewed and taught on a recurring basis. Once an intern is competent and comfortable in the above areas, they will lead athletes through training sessions, adjusting sessions according to skill, ability and performance level. Intern Responsibilities: Chart keeping for each athlete, Coaching, Assisting Full-time Coaches, Attendance during Coaching Meetings, Administer Pre and Post Test Protocols, Minimal office and cleaning duties.

Qualifications: Preference given to a student who has completed a minimum of at least two years of collegiate studies, with a major in one of the following fields: Kinesiology, Health Fitness, Exercise Science, Sports Medicine, or Biomechanics. Helpful coursework would include: Anatomy and Physiology, Motor Learning, Biomechanics, Exercise Science, Health Science, etc. Applicants should be energetic, enthusiastic and possess excellent interpersonal skills. Knowledge of sprint mechanics, agility and resistance training techniques is expected. Preference will be given to applicants who wish to pursue a career in sports performance or strength and conditioning. Experience working with athletes of any ability is a plus.

Availability: Fall Semester (2 Positions) Spring Semester (2-4 Positions) Summer Semester (4-6 Positions)

Work requirements: Determined by credit requirements. Minimum of 200 hours to participate in the program. Individuals who participate and complete the internship program at Athletic Republic will be highly considered to fill a paid coaching position after completion.

If you are interested in an internship, please contact:

Matthew Johnson

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