



Responsibilities - Assist our **Sports Performance Staff** in all aspects of developing and implementing strength, conditioning, speed/agility, corrective exercise strategies, and recovery protocols for participating Clients.

Learning Outcomes:

Individuals who join our team will gain knowledge and experience working in a highly skilled **Sports Performance** environment. During day to day tasks, Sports Performance staff may work closely with the Sports Medicine staff however the focus for the program is developing the pillars of athletic strength development. Each week you will shadow, observe, and participate in the development of services we offer to our clients and athletes ranging from youth to adult, collegiate, elite, and professional. Our team utilizes a comprehensive Performance training system centered around excellence in all aspects from management to recovery. We offer a unique approach to performance training that incorporates state of the art integrated sports medicine along with nutritional counseling, mindset development, biomechanics assessments, a full array of recovery modalities and much more under the roof of one incredible facility. Interns will participate in presentations and several learning and growth opportunities that are available to our staff. We hope that each intern will walk away with an in-depth understanding why it is that Sports Academy stands out in the world of athletic and human performance development.

Spring Interns have the potential to work with the NFL Combine preparation program & NBA Pre-Draft

Summer Interns have the potential to work with our NFL off-season training program

Each Internship class has unique benefits considering the time of year and seasonal orientation of each sport.

We are looking for Future Strength and Conditioning Coaches.

Ideal Candidates:

We are looking for sharp, enthusiastic, driven, and athletic individuals who believe that they can make a positive impact in the lives of people from all walks of life. These individuals should have or be pursuing a Bachelor/Graduate degree in Exercise Science or related field. They should be interested in an industry certification such as NSCA-CSCS, NSCA-CPT, ACSM, NASM-CPT, NATA-BOC, etc., **and possess a strong desire to become a professional in the fields of: Strength and Conditioning**, personal training, athletic training, or physical therapy. Eligibility for this internship may depend on being able to receive academic credit for participation and completion. We recommend that you speak with your academic advisor when submitting your application to our internship program as it may affect our applicant selection process.

Internship Logistics:

If you are selected to participate in the Sports Academy: Sports Performance Internship, you will be responsible for the following as this is a **non-paid internship**

- Finding, securing, and funding your own housing for the duration of the internship
- Booking and funding your travel and relocating to the location of your internship prior to the start date
- Funding all food and transportation costs for the duration of your internship

Qualifications

Basic Qualifications:

- Should be receiving college credit through undergraduate, or graduate classes
- Must be eligible for work in the USA.
- Should be enrolled in a 4 year or master's program specializing in sport science, kinesiology, exercise physiology, exercise science, etc
- Must be able to dedicate at least **25 hours/week** worth of work for the **16 weeks**
- ****If Only available for 12 weeks**, must be willing to dedicate up to **35 hours/week**
- Must be interested in the field of Sports Performance (Strength & Conditioning) and/or Sports Medicine



Preferred Qualifications:

- Proficient with Anatomy & **Kinesiology**
- Computer Literate-Word and Excel
- Excellent communications skills
- Attention to Detail
- Proactive and action oriented
- Certified in First Aid/CPR for the duration of the internship term

Physical Requirements:

- Must be able to lift up to 50 pounds unassisted repeatedly throughout the workday.
- Perform basic physical requirements of this job such as frequent walking around and demonstrating and assisting with exercise movements; bending, stretching, lifting, pushing, pulling and squatting are movements performed daily.

We are an equal opportunity employer

Sports Academy is an equal opportunity employer. All qualified applicants will receive consideration without regard to race, creed, gender, marital status, sexual orientation, color, religion, national origin, age, disability, veteran status, or any other status protected under local, state, or federal laws. Applicants must be eligible to work in the USA.

Previous experience in an intercollegiate strength and conditioning program preferred. This is a **non-paid** internship position. The successful applicant(s) would preferably receive course credit towards graduation.

Starting 2021: We will be offering our Program at Thousand Oaks & South Bay: Redondo Beach Locations

**** Dates, Programs & Day to Day Responsibilities may be subject to change per location ****

Internship Dates:

- "Spring" From Jan. 04, 2021 to Apr. 23, 2021
- "Summer" From May 03, 2021 to Aug. 20, 2021
- "Fall" From Aug. 30, 2021 to Dec. 17, 2021

Application Deadlines:

- *Spring* December 11, 2020
- *Summer* April 09, 2021
- *Fall* July 30, 2021

To apply: Submit Letter of Application, Resume and Two References to ----

- SP-Interns@Sportsacademy.us
 - Attn: Taylor Ramsey, Manager, Education for Sports Performance / Intern Coordinator
- Taylor@Sportsacademy.us

