

Next Level Sports Performance Coach Internship

With this **unpaid** internship you will gain experience coaching groups of middle school, high school, and college age athletes from a wide array of sports and backgrounds. You can expect a learn-by-doing experience that will improve your skills as a strength and conditioning coach. You are working each day for an earned recommendation and to have our staff in your corner for the rest of your career. There will be the *possibility* of future employment at the conclusion of your internship.



You will enhance your knowledge on the following aspects of sport performance:

- Mobility, flexibility, and dynamic warm up drills
- Injury prevention techniques and progressions
- Speed and power development
- Lower and upper body plyometric exercises
- Olympic lifts
- Movement patterns and strength progressions
- Core stabilization and motor control training
- Comprehensive energy system development (metabolic conditioning)
- Creating and implementing all facets of a sports performance program

Qualifications:

- Enrolled in or graduated from an Exercise Science related major
- CPR/AED
- Desire to work with groups of athletes
- First consideration given to those needing to fulfill school internship requirements

Application Requirements:

Please submit your resume, cover letter, a paragraph explaining why you want to be an intern at NLSC, and detail 3 years worth of strength and conditioning related activities, to michaelm@trainatnextlevel.com.

Daily responsibilities will include shadowing and assisting the head strength coach with team training or group sports performance. You will be expected to provide athletes with technical feedback on exercises for optimizing performance and reducing risk of injury when appropriate. You will assist with daily facility tasks which will include equipment set-up, video recording, social media and marketing, data entry, and facility cleanliness/organization.

Before you begin, you must visit our website and review the following:

- Training philosophy: <http://trainatnextlevel.com/training-philosophy>

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Benchmarks:

Weeks 1-3: Coach Observation

- Personal interaction, note exercise cues, session flow, set-up/breakdown of equipment

Weeks 4-6: Provide Feedback to Clients

- Apply corrective cues when necessary, demonstration of exercises/drills

Weeks 7-9: Segmental Coaching

- Lead a warm-up, plyo session, strength complex, etc.

Weeks 10-12: Solo Sessions

- Lead a group/team through a complete workout as one of our coaches assists you
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Assignments:

Each three week block you will be required to review a specific source of information with the purpose of advancing your knowledge in this field beyond what you will see within our doors. We're not looking to create clones of ourselves through this experience, we want you to develop your own unique philosophy and coaching methods through working with different coaches and keeping up with the ever evolving world of strength and conditioning!

For each assignment, you will be required to complete a one page reflection where you cover three things you learned, three things you can apply to training, and three questions you'd like to further investigate. "The more you know, the more you realize you don't know."

Block 1: Training Philosophy

- View Functional Training/Strength Coach 6.0 Video *OR*
Read Boyle's New Functional Strength Training for Sports

Block 2: Pre-Screening for Clients and Athletes

- Read FMS Manual and view video
- Shadow a client FMS evaluation (if applicable) and perform a FMS evaluation on a coach

Block 3: Professional Development (choose 1)

- Read Gary V: Crush It! (How to turn your passion into a real business)
- Lead, For God's Sake (Discover your purpose in leadership and in life)
- Start With Why (Great leaders inspire others by putting the 'why' before the 'what' and 'how')

Block 4: Program Design

- Develop a two-day, four-week program for an athlete, including plyometric, strength, and conditioning progressions
- Be prepared to review with a coach on why you chose each exercise, how you would progress that exercise into the next phase, and how you would regress the exercise when appropriate.

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As you continue on with your experience, you will be expected to review other sources of information during down times (see below):

- Blog, written by our coaches <http://trainatnextlevel.com/blogs/next-level>
- Training Resources <http://trainatnextlevel.com/training-resources>
- Peruse Mike Boyle's open forum for strength and conditioning professionals:
<http://strengthcoach.com> (One of the coaches can log in for you)

We will be having a weekly meeting, whether in person or over the phone, to discuss progress, review the previous week, determine a plan of action for the upcoming week, and answer any questions you may have. We have an open-door policy; please contact the coach at any time regarding questions or concerns and we will be happy to assist you!

You will be given a packet including daily warm-up, plyos+conditioning, and strength complexes for each phase of our sports performance program, as well as two Next Level shirts. Our dress code requires "Professional Workout Attire" which includes gym shoes, shorts/sweatpants, a t-shirt, and proper hygiene.

We appreciate your interest in an internship with NLSC and look forward to the opportunity to work with you and help you achieve your goals!