



Reports To: Internship Coordinator

The purpose of the Velocity Sports Performance 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 Velocity 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 Velocity's Performance Coach training, curriculum dedicated to building proficiency in cutting edge athletic training techniques (which include: 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 the Velocity Sports Performance network.

Responsibilities:

- Participate in training sessions
- Observe and shadow Performance Coaches during training sessions of various ages, skill levels, and protocols
- Attend coaches' meetings
- Assist Sports Performance Director with maintaining the facility
- Support Performance Coaches with updating athletes' files
- Complete all assigned readings, lectures, labs, and assignments in a timely and concise manner
- Adhere to Velocity Sports Performance's dress code and behavior requirements

Essential Competencies:

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| Adaptability | Education Skills | Problem Solving |
| Assertiveness | Energy | Professionalism |
| Brand Pride | Inside Sales Skills | Quality Control |
| Coach Identification | Goal Setting | Team Orientation |
| Customer Service Focus | Group Dynamics Acumen | Technique Expertise |
| Drive | Positive Impact | Time Management |

Work Hours:

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| M to F | 12:00pm - 8:00pm |
| Sa | 8:00am - 2:00pm (as needed) |

