University of Delaware: Strength & Conditioning Internship

Location: Newark

Volunteer/Unpaid

CONTEXT OF JOB:

We are excited to announce 4 internships opportunities for this summer, beginning June 1, 2017 as a part of the Strength and Conditioning Program under the umbrella of the Health, Well-Being, and Sport Performance Team/Program. The Strength & Conditioning Intern at the University of Delaware is a valued member of our unique and innovative multidisciplinary sports performance health care team, upholding and embracing the departmental mission of “Inspiring Greatness Together.” We are looking for dynamic individuals to take on these roles and help enhance our program while also learning more about the inner workings of a well-rounded multidisciplinary sport performance program.

Interns will have the opportunity to work with both men’s and women’s athletic teams. They will also be involved in staff and professional development with the Strength & Conditioning Staff. We are looking for ambitious individuals who are, in turn, looking for a fulfilling and comprehensive learning experience.

MAJOR RESPONSIBILITIES:

- Assist in Implementation of Strength & Conditioning Program (50%)
- Work with both men’s and women’s athletic programs
- Assist team to develop and deliver workouts
- Set-up and breakdown of daily activities (25%)
- Participation in comprehensive internship curriculum (10%)
- Topics including some of the following:
  - Baseline Testing
  - Olympic Lifting Progression
  - Principles of Programming
  - Upper/Lower Body Progressions
  - Maintenance and cleaning of training facilities (10%)
  - Other assigned tasks (5%)
  - Gain understanding for full sports performance program components including strength and conditioning, athletic training, sports medicine, sports nutrition, and sport psychology for optimal sports performance results.

QUALIFICATIONS:

- Strong work-ethic
- Desire to become a strength and conditioning professional.
- Desire to be a part of a team that focuses on a multidisciplinary approach to sport performance of student-athletes.
- Interest in learning, developing, and implementing best practices in sport performance.
- Professional Appearance and Attitude
- Bachelor Degree OR in the final stages of finishing the degree.
- Graduate Students are highly recommended to apply
- Certification from one or more of the following (NSCA, CSCS; CSCCa, SCCC; USAW) is preferred. – or be in the process of obtaining.
- CPR/First-Aid/AED certification required.

ADDITIONAL INFORMATION:

While NO MONETARY COMPENSATION will be provided, interns will receive experience working in a Division 1 training environment and have the opportunity to earn recommendations for future career opportunities. Additionally, interns will learn about working in a college athletic department, gain experiences from growth and development through experiences and teaching within the department, build important relationships in this field, and develop as professionals through our program.

REQUIRED FOR APPLICATION

Interested applicants should send resume, cover letter, and list of three references in one PDF document, and title the email “University of Delaware Strength & Conditioning Internship” to:

Ted Perlak, M.Ed, RSCC*D, CSCS, FMS 1, USAW
Assistant AD for Sports Performance

tperlak@udel.edu