Title: Intern Strength and Conditioning Coach  
Location: US Speedskating, Salt Lake City, UT  
Start Date: May 2020  
Length: 4 months  
Compensation: $500 per Calendar Month to offset expenses inherent to position

Job Summary
This is an UNPAID internship position working with US Speedskating, the National Governing Body for Olympic Speedskating. The overall goal of this internship is to provide the applicant with an internship curriculum that fosters a wealth of knowledge and experience that will help further the applicants professional career and aid in acquiring future opportunities.

Primary Learning Opportunities
- Participation in an internship curriculum that is based on the needs of the individual candidate. Topics will include but are not limited to: planning and programming, communication skills, cueing, building interdepartmental relationship, philosophy and pedagogy development, energy system development, Olympic lifting progressions and regressions, velocity-based training, monitoring, and data collection.
- Learning critical methods in delivering the philosophy, standards of behavior, and code of conduct within the weight room.
- Developing techniques for testing and evaluation of all USS National team athletes using sports science technology and protocols.
- Hands on coaching experience with a wide variety of athlete levels.

Qualifications
- Educational Requirements: Bachelor or Master degree in Exercise Science or related field.
- Passion for sport and the ideals of the Olympic movement.
- Previous sport experience preferred (i.e., active in competitive/intermural sports, etc...)
- Must be eligible to work in the USA.
- Excellent communication and human relations skills.
- Demonstrate ability to work in a fast-paced multidisciplinary team environment.
- Willingness to participate in the full internship curriculum.
- Hold a recognized national certification in Strength and Conditioning (CSCCA, NSCA, USAW, ACSM).
- Certified in CPR & AED.
- Minimum of one-year experience in strength and conditioning experience.
Internship Curriculum Requirements

- The applicant must be able and willing to attend the internship in its entirety with sufficient hours of attendance.
- Hours will be scheduled based on athlete training times and S&C staff availability.
- The applicant will be required to promptly complete and submit weekly assignments and discuss what they have learned and how it is applicable to the strength and conditioning profession.
- All curriculum assignments are subject to change based upon the level of knowledge and career development goals of the applicant.

Proposed Structure and Schedule (Subject to change/Based off of Needs)

- May
  - **On-boarding process:** Sign waivers, expectations, policies, introductions, intro to internship project, learning the weight room system, warm up structure, and monitoring system.
  - **Professional development:** Making the most out of your internship, intro to philosophy and pedagogy, and the idea that “what we say matters”.
  - **Items due:** Annual Plan Template

- June
  - **Professional development:** Energy system development, and discussing periodization, programming, and planning.
  - **Internship goals:** Introduction to testing and warm up protocols
  - **Items due:** Sport “needs analysis” and annual planning: rules, schedule, demands (strength, bioenergetics, mobility, and speed).

- July
  - **Professional development:** Building interdepartmental relationships, speed development, discuss Olympic lift progression and regressions, and recovery and inflammation methods.
  - **Internship goals:** Demonstrate ability to lead warm ups, testing, and lifting sessions
  - **Items due:** Turn in annual plans and mesocycle

- August
  - **Professional development:** Velocity Based Training
  - **Internship goals:** Lead OOU FAST programs under the supervision of S&C staff and take a more leadership role in the training of National team members.
  - **Items due:** Work on Final Presentation and present to staff members.
Application Process

- The application window closes at March 20th, 2020
- Applications must include a 1-page resume (PDF only) and 2-minute video submission.
- Video should include:
  - What excites you about the internship?
  - What qualities and skills do you bring to the table?
  - Tell us an interesting fact about yourself.

Please email your resume and video to astuart@usspeedskating.org