Strength & Conditioning Internship Description

The Team Esface internship program aims to provide aspiring interns a comprehensive education in the field of strength & conditioning. Team Esface is looking for highly motivated individuals who have a passion for coaching and learning. Interns will have the opportunity to be exposed to many aspects of sports science and athletic development, especially how it relates to basketball. The ultimate goal is for our interns to develop many of the appropriate skills required for a successful career in the field of strength & conditioning.

Job Summary:
Interns will assist Team Esface staff in teaching and implementing comprehensive strength & conditioning programs which incorporate a diverse curriculum emphasizing cutting edge strength & conditioning science and techniques. Programs include: high performance sports psychology, functional, comprehensive pre and post training evaluations, injury risk assessment & prevention, post-rehab, trunk & core movements, dynamic warm-ups, yoga based flexibility sessions, sprint mechanics and speed development work, plyometric training, high speed treadmill multi-directional training, balance & agility work and a strong utilization of Olympic weight lifting movements.
Interns will be required to participate in athlete filming, analyzing and teaching sessions, observe Team Esface staff and attend educational training workshops. After completion of the internship program non-certified interns will be highly encouraged to sit for both their NSCA–CSCS and USW certifications.
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Responsibilities

- Shadow and observe Strength and Conditioning Coaches during training and testing.
- Participate in strength and conditioning testing and training sessions.
- Attend Coaches meetings and Intern training sessions.
- Assist the Team Esface Coaching Staff with cleaning and maintaining the facility and equipment.
- Provide support with updating and maintaining athlete training programs.
- Complete all assignments in a timely and efficient manner.
- Adhere to Team Esface’s dress code and behavior requirements.
- Assist with video filming of training sessions.

An ideal candidate must demonstrate the following: an enthusiasm for learning and teaching, time management skills, be goal oriented, strong ability to work in a dynamic setting and maintain professionalism at all times. Interns must be able to adapt to their surroundings and display assertiveness in their coaching abilities.

Please contact

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