CrossFit Sweat Shop  
“Strength and Conditioning Internship”

At CrossFit Sweat Shop we offer 5 strength and conditioning internships per year to qualified candidates. These internships take place on-site at CrossFit Sweat Shop along with observations at local CrossFit gyms. Additional study work will be done at home and evaluated by the internship coordinator, James Barber M.S. C.S.C.S., at CrossFit Sweat Shop.

**Purpose:**
At CrossFit Sweat Shop, our interactive program will give prospective coaches and trainers first hand experience training individuals of all fitness levels and abilities. Prospective coaches will attain and improve coaching skills in the following areas:

- Mechanics of power and olympic weightlifting
- Foundations of metabolic conditioning
- Mechanics of basic gymnastics skills
- Mobility and flexibility
- Correctional cue efficiency
- Optimal nutrition for performance
- Enhancing team cohesiveness and improving self esteem
- Administrative issues with coaching
- Program Design

**Qualifications/Prerequisites:**
- Desire to work with people
- A passion for fitness and CrossFit
- A passion for Power and Olympic Weightlifting
- Either hold or are working towards a bachelors degree in Kinesiology or related field.

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### 5-Component Coaching Internship

**I. Coaching Observations**

100 hours of coaching must be observed. 90 of the required 100 hours must be completed at CrossFit Sweat Shop as either an observer or as a participant in the class. Students will be responsible for taking notes during the class or after participation in the class. Students must be at all workouts 10 minutes early and commit to a semester schedule (12 Weeks @ 7-9 hours/week). Students will observe coaching techniques, group workout dynamics, workout programming structure, and cue efficiency. Students will assist the on staff coach with needs for equipment set-up and clean up.
**Part II. Workout Logbook**
During every session at CrossFit Sweat Shop, students will keep a written journal and log of daily workouts. This logbook should have notes and thoughts on the days worth of workouts.

**Part III. Reading list and Assignments**
A.) Required Reading:
“Starting Strength”, Rippetoe and Kilgore (will be given this PDF)
“Becoming a Supple Leopard”, Kelly Starrett
“Essentials of Strength and Conditioning” N.S.C.A.

B.) Interview
Interview a coach at CrossFit Sweat Shop about what it is like to be a coach, running a facility, safety, maintenance, scheduling, and any other questions you have.

C.) Final Paper
This paper will cover what you have learned and observed throughout the semester. Include introduction of the basics of what you did and whom you worked with. Cover what you learned and how it has related to your academic experience. How does it align with what you have learned in school thus far, and how will you apply it? Include you goals for the next semester, keeping in mind what your career goals are. 6-8 page summary.

**Part IV. Programming**
- Attend a total of 5 “Programming” meetings with coaches preparing workouts for the week

**Part V. Instructional Practical**
Students must demonstrate proper technique and appropriate progressions and cues for the following movements before leading a class:

Front Squat
Back Squat
Overhead Squat
Bench Press
Strict Press
Push Press
Clean
Snatch
Mobility Exercises
Pushups
Pull-ups
After passing the practical examination, students will then lead a total of 10 CrossFit classes at CrossFit Sweat Shop.

How to Apply:
Send (1) resume (1) cover letters, and (3) professional letters of recommendation to james@crossfitsweatshop.com

For more info: www.crossfitsweatshop.com