



### Next Level Strength & Conditioning Internship

An internship at Next Level S&C will provide you with the opportunity to work under the supervision of our experienced and qualified staff of strength & conditioning coaches. Our team has experience working in a wide variety of settings, including professional sports, collegiate sports, high school sports, sports medicine and the private sports performance training setting.

Each intern will have the opportunity to experience hands-on, individualized coaching, while becoming more familiar with the finer details of training program design and coaching skills. Under the supervision and guidance of our team, each intern will be able to observe and assist with a variety of athletes from all walks of life, including: high school athletes, collegiate athletes, professional athletes and endurance-based athletes.

The goal of our internship is to have each intern leave our program to be fully prepared for the the next step in your career whether that be with us or a strength coach, PT, massage therapist, dietician, chiro or anything else.

### **Expectations of Each Intern**

- Do no harm—prioritize the safety of each athlete and staff member
- Interact with each athlete and possess a high level of compassion
  - Demonstrate a team-first mentality within our community
  - Be eager to learn and willing to accept constructive criticism
- Conduct yourself in a professional manner, always be prepared and show up on time
- Be competent and knowledgeable in coaching warm-up exercises, training techniques and recovery drills

## **Internship Application**

Next Level S&C internships are scheduled in accordance with traditional academic semesters and summer vacation. All interns will be asked to work a minimum of 30 hours per week throughout the entire duration of the internship program.

We are now accepting applications for the upcoming Spring internship program, where our team will select three (3) interns.

If you are interested in applying for this internship program, please email us the following information:

- Cover letter
- Resume
- Completed [Application](#)
- A one (1) page paper describing what being a strength & conditioning coach means to you

All inquiries can be directed to the attention of Joe Aratari at  
[Joea.nextlevelsc@gmail.com](mailto:Joea.nextlevelsc@gmail.com)