

Internship

Company Overview

Athlete Training and Health's mission is to provide accessible evidence-led training for youth, collegiate, professional and active adults. Through consistent evaluation and education we aim to instill training strategies that elevate our athletes' performance to the highest level.

Athlete Training and Health is a private company that provides evidence-led training services for amateur and professional athletes for the purpose of optimizing sport performance. With four 25,000+ sq ft training facilities in multi-field sports parks, it is one of the leading sports performance training companies in Texas. A key component within Athlete Training and Health is the healthcare collaborative relationships with hospital systems to provide premier sports medicine and human performance services to athletes. ATH integrates its performance services with other healthcare professionals and develops improved evidence-based strategies for enhancing athletic performance.

Job Description

The Internship program is designed to teach participants how to organize, and be a part of the coaching staff – from operational tasks to hands-on coaching. Our primary goal is exposure to a performance process through a structured theoretical and practical based education approach accredited by our academic partner Auckland University Technology - Sports Performance Research Institute of New Zealand, outlined on page 2.

Breakdown of Role

- Coaching (70-80%) – On training floor
- Administration (5-10%) - Assist in facility administration
- Training Strands Development (5-10%) – Assist in performance coach projects when requested
- Staff Education (10%) - Structured ATH-C internship education curriculum

Qualification and Experience:

- Currently enrolled in an exercise science, sports science, kinesiology or health-related degree.
 - Bachelor's degree in exercise science, sports science, kinesiology or health-related field.
- Volunteer coaching experience in any field.
- Basic IT skills to use various administrative applications (i.e. Microsoft Office).

Personal Attributes:

- Industrious and enthusiastic
- High personal standards of health and fitness
- Open to personal development and growth through lifelong learning initiatives
- Goal-oriented and driven to succeed through adversity with a desire to work in a team environment

Personal Circumstances:

- The successful candidate must be willing to work during peak coaching, including early morning, evening and some Saturdays.
- The successful candidate must have authorization to work within the USA.

ATH Internship Curriculum Overview

Athlete Training and Health offers two forms of internship opportunities ATH Volunteer (ATH-V) Internship and ATH Certified (ATH-C) Internship. Both are 12-week curriculums designed to provide hands-on practical coaching experience, supported by three educational monthly modules. Each consists of four weekly sub-sections focusing on both theoretical and practical application led by a coach within the training center. Each applicant will have the opportunity to choose what internship they wish to pursue:

- Participants of the ATH-V internship are required to work 20-30 scheduled hours per week and can voluntarily avail of the all educational modules and topics. Upon completion of the ATH - V internship, applicants can apply to complete the ATH - C internship in a paid or unpaid capacity dependant on performance.
- Participants of the ATH-C internship will be required to work a scheduled 30-40 hours per week with mandatory attendance required during module overviews, weekly topics and will be continually assessed on a competency-based model. Upon completion of the ATH - C internship successful applicants may apply to ATH partner University, Auckland University of Technology to avail of Postgraduate Masters Credit. Upon successful completion of the ATH-C internship applicants may be considered for available part time on or off site assistant performance coach positions or upcoming full time ATH-C Mentorship performance coach positions.

Module I - The Art of Coaching

The first module of the internship will increase the interns hands-on coaching experience. All interns will be exposed to different coaching environments and should effectively be able to assist performance coaches in every offering of the Student and Forever ATHlete programs by the end of module 1. The learning emphasis will focus on upskilling coaches both practically and theoretically on warm ups, cool downs, progressions and regressions for plyometric, speed and strength exercises.

Module II - Enhancing Athletic Capabilities

The second module of the internship will increase the interns' ability to assess, interpret and prescribe exercise in line with the ATH training philosophy for all aspects of the Student and Forever ATHlete program as it pertains to warm up, speed agility and quickness (SAQ) and strength related activities. As interns show increased proficiency in both their understanding of the curriculum and implementation in their coaching, they will have increased opportunities to lead more of the training sessions.

Module III - Developing a Professional Coaching Brand

The third module of the internship focuses on building the interns professional portfolio. Specific professional activities such as reviewing each intern's resume and cover letters, facilitating off-site visits and guest speakers will help to promote networking and industry exposure. The internship will conclude with a final reflective presentation on a topic of their choice approved by a senior coach to aid the interns presentation and communication skills.

