

# WHAT MAKES US UNIQUE?

Embedded within each internship block are 12 educational modules delivering a superior curriculum developed with AUT's world-leading Sports Performance Research Institute New Zealand (SPRINZ). Our integrated support team model aims for individuals to build a fulfilling career, learn best practices and enjoy being part of a world-class team.

*"My experience as an intern at ATH helped shaped me as a coach and broadened my knowledge in strength and conditioning. There were weekly educational sessions as well as assignments that allowed us to ask questions and the knowledge to know what questions to ask. Personally, the sessions were extremely helpful and were very applicable to everything we were doing on a day to day basis."*

- Sam Dragustinovs  
25 years old

[AthleteTrainingandHealth.com](https://AthleteTrainingandHealth.com)

# JOIN THE ELITE ATH INTERNSHIP PROGRAM

## LOCATIONS

### Spring, TX

19711 Stuebner Airline Rd.  
Spring, TX 77379

### Katy, TX

23910 Katy Freeway  
Katy, TX 77494

### Arlington, TX

4401 Park Springs Blvd.  
Arlington, TX 76017

# EXPERIENCE THE WORLD'S MOST ADVANCED SPORTS PERFORMANCE LEARNING

Each internship block lasts between 14 - 16 weeks depending on the season.

Fall 2019 - Commences September 2nd

Spring 2020 - Commences January 21st

Summer 2020 - Commences May 18th

Fall 2020 - Commences September 8th

Email Cover Letter and Resume to

[HR@AthleteTH.com](mailto:HR@AthleteTH.com)

For more information visit

[AthleteTrainingandHealth.com/Careers](https://AthleteTrainingandHealth.com/Careers)

At ATH, we are dedicated to training the next generation of performance coaches, leveraging the most forward-thinking methodologies and practices in the world.

Maximizing potential and reaching one's personal best everyday as coaches, teachers, mentors and competitors – that's what drives us.

**ATHLETE**  
TRAINING + HEALTH

**AUT**  
UNIVERSITY  
NEW ZEALAND



# DEVELOPED IN PARTNERSHIP WITH A WORLD LEADING SPORTS PERFORMANCE RESEARCH INSTITUTE

EXPERIENCE CUTTING-EDGE  
LEARNINGS FROM THE AUCKLAND  
UNIVERSITY OF TECHNOLOGY,  
NEW ZEALAND

## WORLD-CLASS INTERNSHIPS

Athlete Training and Health offers two forms of internship opportunities with each applicant choosing which to pursue:

### ATH VOLUNTEER (ATH-V) INTERNSHIP

- 20-30 scheduled hours per week required
- Granted voluntary participation in all education modules and topics
- Upon completion can apply to complete the ATH-C Internship in a paid or unpaid capacity dependent on performance



### ATH CERTIFIED (ATH-C) INTERNSHIP

- 30-40 scheduled hours per week required with mandatory attendance during module overviews and weekly topics
- Continual assessment by ATH Leadership on a competency based model
- Upon completion, successful applicants may:
  - Apply to Auckland University of Technology for Postgraduate Masters Credit
  - Be considered for available part-time or full-time performance coach positions

## HANDS ON INTERNSHIP

The ATH Internship Program consists of three distinct modules completed during the 12-week course.

### MODULE 1 THE ART OF COACHING

### MODULE 2 ENHANCING ATHLETIC CAPABILITIES

### MODULE 3 DEVELOPING A PROFESSIONAL COACHING BRAND

Curriculum will cover a wide range of topics, including:

- Warm-up and cool-downs
- Weight room progressions and regressions
- Practical assessments
- Plyometric and speed development
- Strength and power development
- Sleep, nutrition and wellness
- Recovery strategies and return to play
- And much more...

## 12 WEEKS OF INTENSE TRAINING

### THE ART OF COACHING

- Increase interns' hands-on coaching experience and exposure to different coaching environments
- Effectively assist performance coaches in every offering of the Student and Forever ATHlete programs

### ENHANCING ATHLETIC CAPABILITIES

- Demonstrate ability to assess, interpret and prescribe exercise in line with ATH training philosophy for specific aspects of Student and Forever ATHlete programs

### DEVELOPING A PROFESSIONAL COACHING BRAND

- Focus on building interns' professional portfolio through specific professional activities, such as facilitating off-site visits
- Guest speakers will help to promote networking and industry exposure