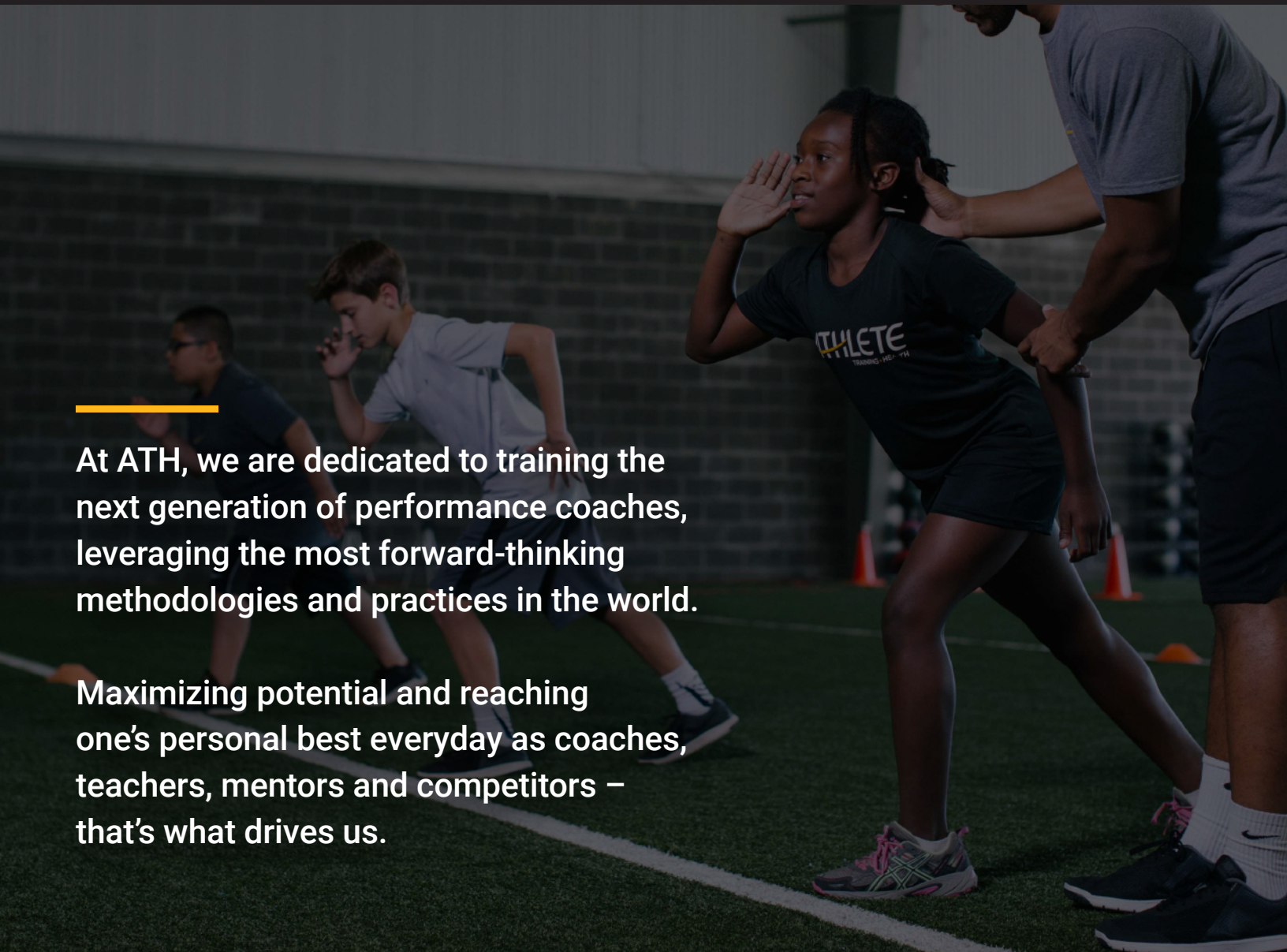


EXPERIENCE THE WORLD'S MOST ADVANCED **SPORTS** **PERFORMANCE LEARNING**

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.



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

WHAT MAKES US UNIQUE?

Embedded within each internship course 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 DRAGUSTINVOIS

25 YEARS OLD

JOIN THE ELITE ATH INTERNSHIP PROGRAM

LOCATIONS

North Houston, TX

19711 Stuebner Airline Rd.
Spring, TX 77379

Allen, TX

1110 Raintree Circle
Allen, TX 75013

Katy, TX

23910 Katy Freeway
Katy, TX 77493

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

Email Cover Letter and Resume to
HR@AthleteTH.com



For more information visit AthleteTrainingandHealth.com/Careers

