



## The University of Texas at San Antonio 2023 Sports Performance Internship Description

The University of Texas at San Antonio Sports Performance Department is actively seeking ***hard-working, passionate and highly energetic*** applicants for their Strength and Conditioning internship program. The interns that will be chosen for this opportunity will be working with many D1 student-athletes in various capacities. Most of which will take place in UTSA's state of the art Strength and Conditioning center located inside the newly built R.A.C.E Athletic Complex. These internship positions are **VOLUNTARY/ NON- MONETARY**. The Internship duration will be for either **2024 Late Spring-Early Fall, Early fall-late winter, or 2024 Winter-Early Spring Academic Term** (*dates listed below*)

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- **Summer Start Date: May 20, 2024 ➤ End Date: August 4, 2024**
  - **Fall Start Date: ➤ August 5, 2024 ➤ End Date: December 8, 2024**
  - **Spring Start Date: January 6, 2025 ➤ End Date: May 11, 2025**

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Interns will have the opportunity to acquire the knowledge, skills, techniques, and expertise necessary to be an effective, entry-level strength and conditioning coach or graduate assistant on a collegiate or professional level. Individuals looking to get experience in the field of Sports Nutrition are encouraged to apply as well.

The interns will be expected to aid the Sports Performance staff in coaching athletes across various sports at the Division I level. Interns will be expected to participate in an internship curriculum that is meant to prepare candidates for their future endeavors within the field of strength and conditioning. This curriculum will include assignments, discussions, and experience in the following areas: leadership, sports management, exercise physiology, program design/implementation, exercise instruction and techniques, Olympic lifting techniques, communication/organizational/interpersonal skills as well as coaching philosophy development and culture building.

Internship responsibilities will include various duties within the University of Texas at San Antonio Sports Performance Department on a daily basis. Hours will vary throughout the semester and may include early morning, late afternoon hours and occasional weekends.

**Minimum Requirements:**

1. Candidates must possess the following traits: proactive, driven, adaptable, detail-oriented, strong interpersonal skills, punctual, hard-working, passionate, outgoing and eager to learn and develop as an aspiring professional and human being.
2. Must be able to handle transportation to and from internship on daily basis.
3. Responsible for finding housing during internship duration.
4. Responsible for cost of living (finding a job/source of income if needed)



**Preferred Requirements:**

1. CPR/AED/First Aid certified
2. Plans on working towards a degree in a related field
3. Working towards CSCS, SCCC, USAW, RD
4. Experience/education in Sports Nutrition
5. Must have a passion to pursue strength and conditioning
6. Previous coaching experience is preferred

Compensation: This internship is a VOLUNTARY/Non-paying opportunity in the field of Human Performance and/or Sports Nutrition. Completion of internship will provide interns with networking opportunities in the field as well as potential future recommendation for professional advancement and continued mentorship beyond completion of the internship.

In order to determine if you're a correct fit for our program please email the following information to Coach Sophia Kennedy (Olympic Sports) at [sophia.kennedy@utsa.edu](mailto:sophia.kennedy@utsa.edu) or Coach Waylan Washington (Football) at [waylan.washington@utsa.edu](mailto:waylan.washington@utsa.edu):

- Cover Letter
- Up to Date Resume
- 3 Professional References

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Please note that interns must be able to financially support themselves during the internship duration as well as be responsible for their own housing and transportation needs.

Education:

- High school Diploma or equivalent (Preferred)
- Bachelor of Science degree in Kinesiology/Sports Science/Exercise Science (Preferred)
- Education in Sports Nutrition Work Location: University of Texas at San Antonio 1 UTSA Circle San Antonio, Texas 78249