



INTERNSHIP APPLICATION

Movement Fitness LLC is an equal opportunity employer. This application will not be used for limiting or excluding any applicant from consideration for employment on a basis prohibited by local, state, or federal law. Should an applicant need reasonable accommodation in the application process, he or she should contact a company representative.

Internship Description

This 12 Week **unpaid** internship give you the opportunity to work with athletes from middle school to college of various sports and skill levels. This hands-on internship will teach you athletic performance training. You will go through different blocks that will require you to not only work with our Athletic Performance Specialists, but read, write and grow as a strength and conditioning coach. You are expected to work hard each day, to get better as a trainer and in exchange we will give you a great experience of learning, an earnest recommendation and to have our staff in your corner for the rest of your career. There will be the **possibility** of future employment at the conclusion of your internship.

You will enhance your knowledge on the following aspects of sport performance:

- Functional Movement, Mobility, and Dynamic Preparation
- Injury Prevention Techniques and Progressions
- Linear and Multi-Directional Acceleration Training
- Plyometric Training
- Olympic Lifting
- Strength Regressions and Progressions
- Core stabilization and Motor Control Training
- Comprehensive Energy System Development (metabolic Conditioning)
- Developing and Implementing Athletic Performance Programming

Qualifications

- Enrolled in or graduated from an Exercise Science related major (*Must Be a High School Graduate*)
- Desire to work with **GROUPS** of athletes
- First consideration given to those needing to fulfill school internship requirements

Application Requirements

Please submit your resume and a description of why you want to intern at Movement Fitness. Also, detail your experience in strength and conditioning related activities to theresa@movementfitnessrockford.com.

Daily responsibilities will include:

- Shadowing and Assisting the MF Athletic Performance Specialists with team training or group sports performance.
- Provide athletes with technical feedback on exercises
- Optimizing performance and reducing risk of injury when appropriate.
- Assist with daily facility tasks which will include:
 - equipment set-up and clean up
 - video recording
 - social media and marketing
 - data entry
 - cleaning facility

Please fill out all of the sections below:

Applicant Information

Applicant Name: _____

Address: _____

City, State and Zip Code: _____

Telephone Number: _____

Email Address: _____

Date of Application: _____

Employment Position

Position(s) applying for: INTERNSHIP

How did you hear about this internship? _____

Are you able to complete at least 15 hours per week for internship? _____

On what date can you start your internship?
What is your needed end date? _____

Are you needing to complete an internship for academic credit hours? If yes, how many observation hours are needed? _____

Are you interested in employment at Movement Fitness following internship? Date available? _____

Personal Information

Are you 18 years of age or older?	YES	NO
Are you a U.S. citizen or approved to work in the United States?	YES	NO

What document can you provide as proof of citizenship or legal status?

Do you have any condition which would require job accommodations?	YES	NO
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If yes, please describe accommodations required below.

Have you ever been convicted of a criminal offense (felony or misdemeanor)?	YES	NO
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If yes, please state the nature of the crime(s), when and where convicted and disposition of the case:

(Note: No applicant will be denied employment solely on the grounds of conviction of a criminal offense. The date of the offense, the nature of the offense, including any significant details that affect the description of the event, and the surrounding circumstances and the relevance of the offense to the position(s) applied for may, however, be considered.)

Job Skills/Qualifications

Please list below the skills and qualifications you possess for the position for which you are applying:

(Note: Movement Fitness LLC complies with the ADA and considers reasonable accommodation measures that may be necessary for eligible applicants/employees to perform essential functions. It is possible that a hire may be tested on skill/agility and may be subject to a medical examination conducted by a medical professional.)

Education and Training

High School

Name	Location (City, State)	Year Graduated	Degree Earned

College/University

Name	Location (City, State)	Year Graduated	Degree Earned

Vocational School/Specialized Training

Name	Location (City, State)	Year Graduated	Degree Earned

Certifications / Continued Education

Certification	Specialty	Year Earned	Expiration

Military:

Are you a member of the Armed Services? _____

What branch of the military did you enlist? _____

What was your military rank when discharged? _____

How many years did you serve in the military? _____

References

Please provide 2 personal and professional reference(s) below:

Reference	Contact Information

Previous Employment

Employer Name: _____

Job Title: _____

Supervisor Name: _____

Employer Address: _____

City, State and Zip Code: _____

Employer Telephone: _____
 Dates Employed: _____
 Reason for leaving: _____

Employer Name: _____
 Job Title: _____
 Supervisor Name: _____
 Employer Address: _____
 City, State and Zip Code: _____
 Employer Telephone: _____
 Dates Employed: _____
 Reason for leaving: _____

Availability

Below is our current hours of operation. Please place an **X** through times you are **NOT** available.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	Custom Training	TEAM TRAINING	Custom Training		Custom Training	
6:30am	ATHLETIC PERFORMANCE		ATHLETIC PERFORMANCE		ATHLETIC PERFORMANCE	
6:30am	Custom Training	Custom Training	Custom Training		Custom Training	
7:30am	Custom Training	Custom Training	Custom Training		Custom Training	TEAM TRAINING
8:30am	Custom Training	Custom Training	Custom Training		Custom Training	Custom Training
9:30am						ATHLETIC PERFORMANCE
10:30am						
11:30am	Custom Training	Custom Training	Custom Training	Custom Training	Custom Training	
12:00pm	Custom Training		Custom Training	Custom Training	Custom Training	
1:00pm						
2:00pm						
3:15pm	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	
3:30pm	Custom Training		Custom Training		Custom Training	
4:30pm	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	ATHLETIC PERFORMANCE	
4:30pm	Custom Training	Custom Training	Custom Training	Custom Training	Custom Training	
5:15pm	Custom Training		Custom Training	Custom Training	Custom Training	
5:30pm		Custom Training				
5:45pm	Custom Training		Custom Training	Custom Training		
6:30pm	ATHLETIC PERFORMANCE		ATHLETIC PERFORMANCE			

AT-WILL EMPLOYMENT

The relationship between you and the Movement Fitness LLC is referred to as "employment at will." This means that your employment can be terminated at any time for any reason, with or without cause, with or without notice, by you or the Movement Fitness LLC.

You have acknowledged all of the duties and responsibilities and can confirm that in order to accept a position they are all within your knowledge and capability.

Applicant Signature: _____ Dated: _____