



Movement Fitness Rockford Athletic Performance Coach Internship

This 12 Week ***unpaid*** internship gives you the opportunity to work with athletes from middle school to college age, who play various sports and skill levels. This hands-on internship will teach you athletic performance coaching. You will go through different curriculum 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 and get better as a trainer and in exchange we will give you a great experience learning, an earnest recommendation, and 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
- Strength regressions and progressions
- Core stabilization and motor control training
- Comprehensive energy system development (metabolic conditioning)
- Developing and implementing Athletic Performance programming
- Interpersonal relations / client communication

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

Visit: <http://movementfitnessrockford.com/internship>

Please submit your application, cover letter and resume to:
theresa@movementfitnessrockford.com.

Daily responsibilities will include:

- Shadowing and assisting the MFR 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

Weekly Benchmarks:

Weeks 1-3: Coach Observation

- Personal interaction / client names
- Locations of gym equipment
- Equipment / floor set up and cleaning procedure
- Zen Planner (database) and sheet set up
- RAMP
- General session flow
- Observe coaching and exercise cues
- Assist with exercise / equipment set up for clients
- Observe new client assessment & FMS

Weeks 4-6: *Provide Feedback*

- Assist with exercise / equipment set up for clients
- Provide feedback to clients
- Demonstrate exercise and provide form correction
- Lead RAMP
- Lead jumps/throws and conditioning for athletes
- Actively apply corrective cues when necessary

Weeks 7-9: *Segmental Coaching*

- Assist with exercise / equipment set up for clients
- Provide feedback to clients
- Demonstrate exercise and provide form correction
- Lead athlete warm-up
- Actively apply corrective cues when necessary
- Lead a plyometric session
- Lead a strength session.

Weeks 10-12: *Solo Sessions*

- Assist with exercise / equipment set up for clients
- Provide feedback to clients
- Demonstrate exercise and provide form correction
- Lead athlete warm-up
- Actively apply corrective cues when necessary
- Lead a group/team through a complete workout as one of our coaches assists you.

Assignments

Our goal is to Engage, Educate and Empower our Interns. We want to help you develop your philosophy, knowledge and skill level as an Athletic Performance Specialist. We will provide you with live teaching, team meetings on site, but also with assignments to help you learn from some of the most experienced and trusted Athletic Performance Specialists in the country. We expect you to implement our strategy while developing your philosophy for the long term.

For each assignment, you will be required to complete a one page reflection where you cover three things:

- What you learned
- Three things you can apply to training,
- Three questions you'd like to further investigate.

“The more you know, the more you realize you don't know.”

Block 1: Training Philosophy

- Exercise Progression and Regression Training
- Recommended Study: View Functional Training/Strength Coach 6.0 Video *OR* Read Mike Boyle's New Functional Strength Training for Sports

Block 2: Acceleration Training Development

- Understand the fundamentals of Speed and Agility Training
- Recommended: Complete Speed Training by Lee Taft

Block 3: Professional Development :

- ***REQUIRED READING*** Chop Wood; Carry Water: Joshua Metcalf (How to fall in love with the process of being great.)
- Recommended: Be Great Today: Justin Kegley (How to be intentional with your attitude and actions to create your best life)
- Recommended: Crush It! Gary Vaynerchuck (How to turn your passion into a real business)
- Recommended: Lead, For God's Sake: Todd Gonwer(Discover your purpose in leadership and in life)
- Recommended: Start With Why: Simon Sinek (Great leaders inspire others by putting the 'why' before the

Block 4: Program Design

- Develop a two-day, four-week program for an athlete, including plyometric, strength, and conditioning progressions
- Be prepared to review with a coach on why you chose each exercise, how you would progress that exercise into the next phase, and how you would regress the exercise when appropriate.

We will be having a regular meetings, whether in person or over the phone, to discuss progress, review the previous week, determine a plan of action for the upcoming week, and answer any questions you may have. We have an open-door policy; please contact the coach at any time regarding questions or concerns and we will be happy to assist you!

Dress Code

Our dress code requires “Professional Workout Attire” which includes gym shoes, shorts/sweatpants, a MFR t-shirt, and proper hygiene.

You will be given 2 Movement Fitness T-Shirts that you are required to wear during your time on the floor training.

We appreciate your interest in an internship with Movement Fitness Rockford and look forward to the opportunity to work with you and help you achieve your goals!