Sports Performance Coach
2012 Winter/Spring INTERNSHIPS

Our Redondo Beach facility offers you a unique environment to grow your skills as a coach. We will expose you to a range of training theories and systems as we work with athletes ranging from NFL and Combine Prep, to Olympic sport athletes at the elite level all the way through developing youth, high school and college athletes. You will have the opportunity to learn hands on:

- Speed training techniques
- Olympic weightlifting
- Agility & quickness methods
- Athlete testing protocols
- Strength training program design
- Dynamic warm-up & stretching techniques
- Rehab and regeneration techniques
- Participate in research projects
- More…

We have only 6 internships available for the Winter/Spring term. These speed and strength coach interns will gain valuable applied experience which includes a dedicated learning curriculum.

With our intern curriculum you’ll actually be learning how to be a performance coach and at the completion will be qualified for an entry level position at any Velocity Sports Performance center nationwide.

Qualified candidates must have a Bachelor’s degree or senior-standing in Exercise Science, Kinesiology, Athletic Training, Physical Education or related field and have successfully completed the following prerequisites; Human Anatomy, Human Physiology, Exercise Physiology, Kinesiology and CPR. Graduate level students are preferred.

This is a 300 hour internship. Selected interns need to be available to work a minimum of 20-25 hours per week and at least 3 days per week. Days are targeted for Mondays through Fridays and rotating Saturdays, Jan - April. This is an unpaid internship. The most successful candidates will participate in assisting in NFL Combine prep, but must be available to begin in December after Christmas.

Send or fax letter of application, resume, and a minimum of three references to:

Nick O’Brien, Senior Performance Coach
2607 Manhattan Beach Blvd. - Redondo Beach, CA 90278
310-297-9001 – nick.obrien@velocitysp.com
Visit our website at www.outperformasports.com and www.velocitysp.com/southbay