



CARLETON UNIVERSITY SUMMER STRENGTH & CONDITIONING INTERNSHIP

This unpaid internship is approximately four months in length, and serves to provide its participants with hands on experience in the field of strength and conditioning at the Canadian University level.

The purpose of the summer S&C internship program is to provide with valuable hands on experience within the field of athlete development and sports performance. Interns will report to the head strength and conditioning coach, and be presented with numerous opportunities to work with a variety of athletes from Carleton's varsity teams. Interns will also be provided with the opportunity to work with various youth, collegiate, professional, and national level athletes in a small group setting. Our goal is to provide the interns with the opportunity to gain knowledge from Carleton's Lead Strength and Conditioning Staff, while gain experience coaching a wide variety of athletes. This internship can be the stepping stone towards a successful career within the field of sports performance and athletic development.

Expectations Include:

- Coach team, group or individual training sessions
- Coach movement preparation, corrective exercise and recovery modalities
- Coach reconditioning sessions with injured athletes
- Conduct movement assessments and performance based testing
- Coach Speed, Agility, Quickness and Plyometric Sessions
- Coach Energy System Development Sessions
- Work with the Carleton University S&C Staff to enhance our sports performance program (project)
- Weight room supervision

Positions Available (Two):

- 1) **Professional Strength & Conditioning Internship:** Applicant's must possess an undergraduate degree in Kinesiology or related field, and currently hold NSCA-CSCS certification. Part-time (paid) employment is a possibility. Approximately 350 hours from May 11 – August 14.
- 2) **Undergraduate Strength & Conditioning Internship:** Applicant's must currently be enrolled in an undergraduate program in Kinesiology or related field/ Diploma in Fitness. Approximately 200 hours May 11 – August 14.



Qualifications and Skills Required

- Strong interest in Strength and Conditioning as a profession
- Currently enrolled or Completed a degree in Kinesiology or related field
- Experience training athletes
- Highly motivated
- Possess leadership skills
- Possesses coaching skills and experience
- Ability to work flexible hours including weekends
 - Professional S&C Internship – Expect 25 hrs/week
 - Undergraduate S&C Internship – Expect 15 hrs/week
- Ability to be flexible and adapt to a fast paced, ever changing environment

These four month positions will start on May 11, 2015 and end on August 14th, 2015. If you are interested in this opportunity please forward the following:

1. Cover letter and resume
2. Two Letters of recommendation
3. A brief summary (250 words or less) describing your long term and short term goals as a Strength and Conditioning Coach, and how this internship will help you get there.

To Nick Westcott nicolas.westcott@carleton.ca

The applications deadline is March 27th, 2015

You will only be contacted for an interview if your application meets the standard established by the Carleton University Strength and Conditioning program. If you do not receive an email requesting an interview by April 3rd, please assume that you do not currently meet the desired requirements.

Best of Luck!

Nick Westcott, CSCS, USAW

Head Strength and Conditioning Coach

Nicolas.westcott@carleton.ca

613-520-2600 ext. 1743

Go ravens.ca / athletics.carleton.ca