

Strength & Performance Intern

Full Job Description



The Strength & Performance Paid Intern is primarily responsible for learning/assisting in developing speed, strength, agility, plyometric, and conditioning programs for Great Lakes athletes. The position will serve as a teacher, coach, and mentor for student-athletes within the Academy. The role will also be responsible for specific cleaning and administrative duties assigned by the Director of Strength and Performance.

Responsibilities:

- Supervise and demonstrate lifting techniques
- Utilize data to improve and guide programming efforts
- Assist the Director & Strength Coach with the design/implementation of programs
- Maintain positive working relationships with the Baseball Coaches of the Academy
- Assist with daily operation and maintenance of equipment and facility
- Work with hitting and pitching coaches on interdisciplinary projects
- Travel with teams to weekend tournaments
- Various administrative duties

Requirements

- Working towards a bachelor's/master's degree in a related field
- Studying for CSCS certification
- Punctuality for work and completing tasks
- Must be allowed to work in the US

Schedule

- Monday - Friday (and 1 or 2 weekend trips)
- 4 days per week
- 8 am - 2 pm

Education

Working towards a bachelor's/master's degree in a related field

Other

- \$1,000 Stipend
- Ability to use any programs you create for your portfolio
- Gain valuable experience operating in a professional sports environment

If interested, email resume to paul@greatlakesbaseball.us and include the position you are applying for in the subject line.