



Strength and Conditioning Intern

Company Description

Sports Performance at the Center is a division of the Colorado Center of Orthopaedic Excellence. The Colorado Center of Orthopaedic Excellence, "The Center," is a multi-specialty orthopedic practice offering a multi-disciplinary continuum of care to Colorado Springs' athletes. As our name implies, our goal is to provide our patients with comprehensive orthopedic excellence. "The Center" is the only orthopedic practice in Colorado Springs where each physician is fellowship trained in their respective area of expertise. "The Center" has been recognized for their excellence in being chosen to provide care for the athletes at the Colorado Springs Olympic Training Center (Official Orthopedic Medicine Providers), Colorado College (Team Physicians), Vista Ridge High School, Colorado Springs Christian School, Cheyenne Mountain High School, Palmer Ridge High School, Lewis Palmer High School, and The Black Forest League High Schools.

High School Strength and Conditioning Internship

We have a High School Strength and Conditioning Internship available for each fall, spring, and summer term.

This individual would report to the Head Strength and Conditioning Coach for the school they are assigned. The intern would assist with performance testing and program design and implementation for local high schools. They will also be responsible for providing feedback for technique and safety upon approval from the head coach. Each high school setting offers a multitude of sports as well as preparing the junior high athletes for the high school training setting. They may be asked to assist in multiple schools based on need.

**The number of hours can vary depending on program requirements. The intern's schedule will mirror that of the coach they are partnered with.*

Qualifications

A strong candidate should:

- be in the last year of, or graduated from an undergraduate degree in a science or exercise related field.
- be in the process of or have a desire to complete a strength and conditioning certificate (ie. NSCA-CSCS, NASM-PES, ACSM, etc.), or are wanting to pursue a career in an exercise science related field.
- CPR/AED certified

Applying

Please submit your resume to Katelin Staab at katelin.staab@occ-ortho.com

Preferred applications deadlines (otherwise, open until filled):

Summer: May 1, 2024

Fall: July 1, 2024

Spring: December 1, 2024