

**Colorado School of Mines (CO):** The Colorado School of Mines Strength & Conditioning Department is actively seeking hard-working applicants for VOLUNTARY/ NON-MONETARY internship positions working with all varsity sports within our program for the Summer Term 2025 (June 2nd – August 15th). Interns will have the ability to learn from a CSCCa Approved Mentor. The internship will also work with your department to fulfill credits for course work for qualifying interns.

The intent of the internship is to provide a semester of hands-on training to prepare the candidate to take on the next level position in strength and conditioning as either a graduate assistant or full-time strength coach.

Interns are expected to participate in a comprehensive and challenging educational program, including whiteboard discussion and hands-on experience in the following areas: program design, biomechanics, football, and Olympic program development, exercise instruction, Olympic lifting progressions and techniques, plyometrics, speed and agility techniques, energy system development, regeneration methods, nutritional basics, leadership and facility and athlete management.

Internship responsibilities will include various duties within the Colorado School of Mines Strength and Conditioning Department. Hours will vary throughout the semester and may include early morning, late afternoon hours, and weekends. Previous weight room or athletic coaching experience is a plus.

Requirements:

- 1) CPR/AED/First Aid
- 2) Must be working towards a Bachelor's or Master's degree in a related field
- 3) Must have, or working towards CSCS, SCCC, USAW, etc.
- 4) Must have a strong desire to pursue a career in the strength and conditioning profession
- 5) Must be proactive, excellent work ethic, and be disciplined.

Compensation: **VOLUNTARY/Nonpaying** Continuing education resources, SCCC/CSCS certification prep, access to networking opportunities, the potential future recommendation for professional advancement, and continuing mentorship beyond completion of the internship.

**In order to determine if you're a correct fit for our program please email the following information:** Cover Letter, Resume, and References.

Job Types: Full-time, Part-time, Temporary

Pay: Unpaid

Benefits: Flexible schedule

Schedule: Day shift, Monday to Friday

Ability to commute/relocate: Golden, CO 80401: Reliably commute or planning to relocate before starting work (Preferred)

Education: High school or equivalent (Preferred)

Work Location: One location

Send you application materials to [ipcastil@mines.edu](mailto:ipcastil@mines.edu).