

Castle View High School

Summer Strength & Conditioning Internship 2024

May 28th – July 19th

(7 weeks/July 4th week off)

Monday-Thursday 6am- 11am

Interns will work in the weight room with high school and middle school athletes. You will work with soccer, football, basketball, volleyball, cross country, softball, baseball, poms, wrestling, and 7th and 8th graders for general sport fitness. This is a paid position of \$20 an hour.

Applicants should:

- Have experience in the weightroom
- Be able to learn and lead as a coach for youth athletes
- Demonstrate critical thinking
- Have CPR certification or be willing to get it before employment
- Preferred applicants will have personal training or group fitness certifications
- Pass a background check
- Be able to demonstrate or explain in high detail common weight training movements
- Optional to attend Olympic Weightlifting team practices at 11:30pm

Please send a cover letter and resume to [jboriack@dcsdk12.org](mailto:jboriack@dcsdk12.org) before May 1, 2024.

Please reach out if you have further questions.

Mr. Jordan Boriack

M.A., CSCS RSCC, USAW National Coach, USATF