

# UNITED STATES PARALYMPIC SPORTS PERFORMANCE INTERNSHIP

## QUALIFICATIONS:

- Enrolled at UCCS in HPNU 4990 Internship Course
- Pursuing a career in Sports Performance:
  - **Strength & Conditioning**
  - **Exercise Physiology**
  - **Physical Therapy**
  - **Sports Science**
  - **Nutrition & Dietetics**
  - **Athletic Training**



# TEAM USA

\*Background in exercise science or related field preferred

## SPRING 2025 INTERNSHIP

January 21 - May 16

Applications Due:  
12/6/24



## JOIN THE TEAM BEHIND THE TEAM

The United States Paralympic Sports Performance Department is seeking highly motivated individuals to join our team for **Spring 2025!**

Successful candidates will have a unique opportunity to develop their skills, network with industry professionals, and contribute to the success of our Paralympic athletes.

## TO APPLY:



### Write a short essay answering:

- Why you are interested in this internship?
- What skills set you apart from other candidates? (List no more than 3)

\*500 word limit

### Compile and submit:

- Cover Letter
- Resume
- 1 Professional Reference
- Short Essay

In **ONE PDF Document** and send to:

[Joseph.Kauha'aha'a@usopc.org](mailto:Joseph.Kauha'aha'a@usopc.org)



1 Olympic Plaza, Colorado  
Springs, CO 80909

## INTERNSHIP DUTIES:

- Commitment to consistent schedule of **2 - 5 days per week**
  - Between **15 - 20 hours per week**
- Practice/Learn fundamentals (under supervision by performance staff):
  - Strength and Conditioning applications within performance
  - Nutrition and Physiology support in lab and field conditions
  - A semester project identified by HPNU and USOPC supervisors

## INTERNSHIP OBJECTIVES:

- Achieve personal growth in the sports/exercise science field
- Learn and observe 'workplace' etiquette in a high-performance setting
- Communicate and engage with members of the sports performance team
- Attain literacy with data collection using various sports science tools



ELEVATE. COLLABORATE.