

UNITED STATES PARALYMPIC SPORTS PERFORMANCE INTERNSHIP

QUALIFICATIONS:

- Enrolled at UCCS and based in Colorado Springs
- Pursuing a career in Sports Performance, particularly:
 - **Strength & Conditioning**
 - **Exercise Physiology**
 - **Sports Science**
 - **Nutrition & Dietetics**



TEAM USA

*Background in exercise science or related field preferred

APPLICATION OPEN UNTIL 12/1/23



The United States Paralympic Sports Performance Department is seeking highly motivated candidates to fill **Spring 2024** internship positions. Successful candidates will practice fundamental strength and conditioning as it relates to **Paralympic Athletes**. Candidates will also engage with other members of sports high performance teams including:

- Sport Coaches
- Sports Medicine
- Physical Therapists
- Dietitians
- Physicians
- Exercise Physiologists

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)*

Compile and submit:

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

In ONE PDF document and send to:

*Jared.Siegmund@usopc.org,
Geoff.Burns@usopc.org, &
Joseph.Kauha'aha'a@usopc.org*



1 Olympic Plaza, Colorado
Springs, CO 80909



Internship Duration:
1/22/24 - 5/3/24

RESPONSIBILITIES:

- Must commit to consistent schedule of **2 - 5 days per week**
 - Approximately **8 - 20 hours per week**
 - Dependent on credit hours required for course
- Help with data collection and technology application in training
- Assist in the execution of strength and conditioning programs of Paralympic athletes training at the CSOPTC
- Build upon current digital resources to help support remote athletes
- Perform other duties as assigned

INTERN OBJECTIVES:

- Learn, grow, and gain experience in the field of Sports Performance
- Develop into a well-rounded, robust professional who can fulfill their desire to improve with continuing education and professional networking
- Attain literacy with data collection using various sports science tools including but not limited to:



Athlete 360°



TEAMBUILDER

GYM/AWARE



ELEVATE. COLLABORATE.