

USOPC PARALYMPIC SPORTS PERFORMANCE INTERNSHIP

SKILLS AND QUALIFICATIONS NEEDED



- Detail orientated
- Understanding of sports performance and ability to apply critical thinking to answer performance questions.
- Ability to work in a team and solo.
- Currently studying at UCCS and based in Colorado Springs
- Strong interest in pursuing a career in Sports Performance, particularly strength and conditioning or exercise physiology
- Background knowledge or currently learning about exercise science, kinesiology, exercise physiology, strength and conditioning, sport science analytics, physical therapy, or related field preferred

APPLY NOW

About: Interns will work as part of the Sport Performance team at the Colorado Springs Olympic & Paralympic Training Center, under the direction of the Strength & Conditioning Coach and Exercise Physiologist, by assisting in the everyday operations of the Para Sports Performance team. This includes assisting with performance programs and trainings for athletes, exercise physiology assessments, and collecting data.

OBJECTIVES OF THE INTERNSHIP:

Practice and learn fundamental applications in strength, power, speed, agility, flexibility, mental performance, and recovery as it relates to Olympic and Paralympic athletes.

- Communicate and engage with members of the sports performance team: strength coaches, sport coaches, athletic trainers, physicians, exercise physiologist, and dietitians.
- Practice professional communication with coaches, athletes, and sports medicine personnel.
- Achieve personal growth and maturation in the sports/exercise science field.

RESPONSIBILITIES

- Help with data collection and new technology applications in training
- Assist in the implementation and supervision of strength and conditioning programs of elite athletes training at the CSOPTC
- Assist in development of our exercise library in Teambuildr, to help support remote athletes
- Assist with collection and analysis of sport performance data
- Perform other duties as assigned

To Apply: Please send a short essay answering the questions:

- Tell us why you are interested in this internship?
- What sets your skills, knowledge, and personality apart from other candidates for this internship experience?
- Image you are a fruit (could be a candy bar, cereal, ice cream, animal, etc.), what would you be and why?

Additionally, please provide three letters of recommendation. Send all documents to Jared.Siegmund@usopc.org & Geoff.Burns@usopc.org

1 Olympic Plaza, Colorado Springs, CO 80909

TIME: COMMITMENT TO COMING IN 2-5 DAYS PER WEEK. APPROXIMATELY 8-20 HOURS PER WEEK TOTAL/CREDIT HOUR EQUIVALENCE DEPENDENT

ELLEVATE. COLLABORATE.