



Colorado Springs Switchbacks FC- Performance/Sports Science Internship

About: Switchbacks FC is seeking an intern to provide assistance in both the performance/strength and conditioning programs and sports science program in a professional soccer team environment. Switchbacks FC is a part of the United Soccer League (USL) which season spans from preseason in February, with regular season taking place from March to October and postseason to follow. With a smaller roster size, it is imperative that both performance, sports science, and sports medicine is working at a high level to make sure all athletes are monitored throughout the week and available to play each weekend.

Person Specification:

- Punctual
- Detail Oriented
- High level of communication
- Ability to work in a team and solo
- Available in the mornings (practice at 10am daily) and occasional weekends
- Understanding of sports performance (soccer preferential) and ability to apply critical thinking to answer performance questions
- Currently studying at UCCS and based in Colorado Springs

Tasks:

- Assist Performance Coach in creation and implementation of daily activation exercises
- Assist Head Athletic Trainer in creation and implementation of injury prevention programs
- Assist D1 in creation and implementation of weekly weight lifting sessions post practice- approximately 2x per week
- Assist Performance Coach in data collection and data interpretation (GPS pod data and daily RPE)
- Assist Head Athletic Trainer in recovery/"regen" sessions
- Assist Performance Coach in game-day warm ups including bench players during the match

Perks: This is an unpaid internship however you will gain invaluable supervised experience working in a high performance, professional soccer environment with elite athletes and coaching staff. We strive as a staff to challenge our interns to help their own personal growth to match their career goals.

To Apply: Please send a resume and personal statement with the hours that you are available and how you best fit this role, how you can learn from this role, and what your career goals are to both:

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