



Student Intern Program General Information

Impact Sports Training will provide services in coordinating the placement of interns from graduate and undergraduate degree bearing programs in relevant academic fields. Impact Sports Training is located in Duluth, Minnesota.

Purpose of the Impact Sports Training Intern Program:

- Assist colleges and universities, which require or allow internships in degree preparation by providing appropriate opportunities within the student's field.
- Provide a quality work experience and environment for students to receive on-the-job training for graduation.
- Provide students with the unique opportunity of learning and further enhancing their skills in the field of athletic development by exposing them to high levels of hands on work and structured educational opportunities for career enhancement.

Compensation:

Work Experience.

Term:

Fall Semester

Winter/Spring

Summer Session

Variable 12 week terms

Variable 6 month terms

Approximate Dates

September 1st – December 20th

January 1st – May 25th

June 1st – August 25th

Open ended

Open ended

Impact Sports Training recognizes the needs of the student and their member schools. Because of this, actual internship dates and terms are negotiable within the limitations and needs of the member school and those of IST.

Interns are expected to maintain work hours for a minimum of 25 hours/wk, with a maximum being 50 hours/wk. Actual work hours are to be scheduled in coordination with the student and their supervisor prior to the start of their internship and are subject to change from week to week dependant upon athlete and camp schedule needs. At times, interns will be required to work on evenings and weekends.

Job descriptions and work expectations will be described to the intern by their supervisor on the first day of their internship.

Eligibility:

Students currently enrolled in degree-bearing program an accredited university or college program may receive academic credit for the internship served if arranged prior to the start of their internship. Students applying to the program must:

- 1- Be in good academic standing at their college or university
- 2- Have completed at least two years of study
- 3- Be pursuing a career in the field of strength and conditioning

Non-student internships are offered to those applicants wishing to further their knowledge within the field of athletic development and are required to follow the same rules as student interns. For those applicants

with other jobs, applicants must notify intern supervisor of conflicting work schedules with as much advanced notice as possible.

Application Process:

Please direct all correspondence to:

Mail:

Chris Bell – Director of Performance
Impact Sports Training
6382 Beaver River Rd.
Duluth, MN 55803

E-mail:

chris@impactsportstraining.com

Phone: 218-341-6214

Internship Application

General instructions: Answer each question fully and to the best of your ability. If there is not enough sufficient space on the form, additional sheets may be attached.

Name _____

Address (number, street, apt.#) _____

(City, State, Zip) _____

Telephone # _____ **Birth Date** _____

Permanent Address (if different than above)

Telephone # _____

I am applying for the following term:

☐ Fall ☐ 12 week open ended
☐ Winter/Spring ☐ 6 month open ended
☐ Summer

Student Status:

☐ Graduate Student ☐ Undergraduate Student

Major: _____

Minor: _____

College/University currently attending:

School Name: _____ **Dept.** _____

Mailing Address: _____

City, State, Zip : _____

Degree: _____ **Graduation Date:** _____

Is an internship required for your degree? _____

If receiving academic credit for internship, how many credits are allowed? _____

To Be Completed and Signed by Student's Faculty Advisor:

Name: _____ Telephone #: _____

College Mailing Address: _____

City, State, Zip: _____

I certify that the student named on this application is a graduate or undergraduate student in good academic standing at:

Signature: _____ Date: _____



Internship Agreement – Strength and Conditioning

Welcome to Impact Sports Training. We hope that your experience as a Strength and Conditioning Intern will be a positive learning experience for you. We look forward to working with you to make your time here meaningful to you in your pursuit of a career in this field. Your assistance with our staff in coaching, demonstrating, teaching, testing, program design, and implementation will be your prime areas of responsibility. Please read and sign this statement.

Coaching:

First and foremost, you are a floor coach. Your assistance in instruction and guidance is important. When there are athletes in the room, it is expected that you are to be working with them. Technique and implementation are very critical to the progress of our athletes. You are to conduct yourself in a professional manner deemed fit for this environment. All athletes and coaches are to be treated with respect. Take initiative, don't hesitate to correct an athlete or to give your input. Don't wait to be told what to do. If there are any problems or questions consult with a staff member of Impact Sports Training

Education:

We expect you to have a desire to learn more about the science of Strength and Conditioning and how we as Strength Coaches can affect the performance of athletes.

Your education in the weight room will take place everyday while you assist the staff. Pay attention and ask questions. We will teach you, not just about how to lift and perform exercises properly and safely, but also you how to coach athletes effectively. All the knowledge in the world won't help you if the athlete won't listen to you or can not understand you. Our goal is to help excel your growth and further your career if that is truly what you want.

Cleaning Responsibilities:

Although the entire staff is responsible for the cleaning of this facility, if you see anything that needs extra attention, don't hesitate to do it. Make note of any equipment that need maintenance and notify a staff member immediately. All equipment upholstery is to be wiped down at the end of each day.

- Free weights and bumpers are stripped and put away
- Collars and clips are hung
- Plyometric boxes, medicine balls, physio-balls, stretching mats are put away

Misc. things to remember:

- Promptness
- Proper workout attire
- Appropriate behavior and etiquette with athletes, coaches, and employees
- Follow all Impact Sports Training policies as described to you
- Make the staff aware of any meetings or engagements that interfere with your work as far ahead as possible.
- Keep accurate records of your work

Internship Term:

- Your internship will start on ____/____/____ and end on ____/____/____.
- Approximate hours per week are to be _____

Coaching methods, technique, programming, theories, and ideas will be discussed throughout the internship. You may have ideas to improve our methods of training and coaching. Feel free to discuss those with us at any time. Your opinions and experience matters to us.

Intern Date: _____

Chris Bell – Director of Performance Training Date: _____

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