



Student-Athlete Internship Program

Program Overview

Internship opportunities are available through Athletic Performance Inc. for high school junior/senior and collegiate freshman/sophomore student-athletes.

Qualifications:

- Overall 3.0 Grade Point Average (GPA)
- Completed a minimum of thirty (30) API training sessions
- Exceedingly high motivational and energy level
- Strong interpersonal skills
- Ability to manage a multi-task environment
- Strong focus on customer service.

Under the supervision of experienced, educated and certified Strength and Conditioning Coaches, students will be directly involved with API's strength and conditioning program including athlete evaluation, client service, program operations and administrative duties.

During your internship, you will observe middle school, high school and collegiate athletes in the following areas:

- Dynamic Warm-up and Flexibility Drills
- Muscular Imbalance and Range of Motion (ROM) evaluation
- Core Stabilization and Strength techniques
- Olympic Lifting
- Plyometric Training
- Anaerobic and Aerobic Conditioning
- Agility Training (multi-directional)
- Speed Development (linear and lateral)
- Strength Training

Part-time and full-time internship opportunities are available during the fall, winter, spring and summer seasons. Student-athlete interns should be willing and eager to participate in all facets of program operations and administration. Internship positions may include stipend.

Deadlines for applications:

- Fall Semester: August 15th
- Winter Semester: October 15th
- Spring Semester: February 15th
- Summer: May 15th

Applicants should send the completed [internship application](#) to the address below.

Athletic Performance Inc.
1029 Benfield Blvd
Millersville, MD 21108

Phone: (410) 987-4728
E-mail: internships@athleticperformanceinc.com



Student-Athlete Internship Program

Student Application

Name		Date of Birth	
Home Address		City	State
Cell Phone		E-Mail Address	
Internship Applying For: <input type="checkbox"/> Fall <input type="checkbox"/> Winter <input type="checkbox"/> Spring <input type="checkbox"/> Summer			
School		Overall GPA	
Current Level of Education <input type="checkbox"/> Senior <input type="checkbox"/> Junior <input type="checkbox"/> Sophomore <input type="checkbox"/> Freshman		Are you currently employed? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Current Employer		Phone Number	
Previous Employer		Phone Number	
Please list all applicable experience and any other sports-related experience (including sports you have played):			
What do you hope to gain from your internship with Athletic Performance Inc.?			

**Send application and resume to:
 Athletic Performance Inc. 1029 Benfield Blvd Millersville, MD 21108**



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Job Description

Title: Intern Student-Athlete

Reports to: President

Primary Functions: To provide assistance and support to the strength and conditioning coaching staff.

Qualifications:

- Strong interpersonal skills.
- Exceedingly high motivation and energy level.
- Strong people skills, flexibility, and the ability to manage a multi-task environment.
- Strong organizational and time management skills.
- Strong focus on customer service.

Requirements:

- Completed a minimum of thirty (30) API training sessions.
- Minimum 3.0 overall Grade Point Average (GPA).

Duties & Responsibilities:

- Greet API athletes and parents.
- Administrative duties to include daily attendance records, answering phone and recording messages.
- Assist strength and conditioning coaching staff with equipment set-up and take down.
- Support coaching staff when needed.
- Complete daily opening and closing checklists when applicable.
- Represent API in a professional manner.
- Maintain an organized reception desk.
- Process retail transactions including nutritional products, merchandise, equipment and program fees.

The job description has been fully explained to me and I have had the opportunity to ask questions if desired.

Name (Print)

Date

Signature (Parent of Guardian if under 18)

Date