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Practicum/Internship opportunity hours

The Prairie Athletic Club and Elite Sports Performance Program is looking for highly motivated individuals who are passionate about sports performance training to be part of their internship program. The PAC has a member base of over 16K individuals with offerings for all age groups. ESP trains athletes from the ages of 8 and up while accommodating the level of the individual per current guidelines. The PAC is able to offer 2-3 candidates a position to gain valuable experience in new athlete assessments, program design, training, and development of blog posts. There is also an opportunity to train athletes/general population clients 1 on 1 with commission if candidate holds a current nationally accredited certification. Based on performance and reviews, there is also an opportunity for employment upon completion.

Schedule is as follows:

Schedule is flexible as we have both AM and PM class offerings throughout the week during the summer months. When school is in session we primarily have offerings during after school hours and into the evenings along with Saturday morning classes that occur throughout the year.

Responsibilities would include:

1. Training middle school, high school, and some collegiate level athletes in the areas of:
 - Strength training
 - Mobility training
 - Self-myofascial release techniques
 - Speed and agility training
 - Olympic lifting technique
 - Explosive movements
2. Film and analyze footage of client movement assessments
3. Development of personalized programs for athletes
4. Education of prescribed exercises to athletes
5. Running a class of 5-15 athletes with the aid of other trainers

Goal:

To gain experience in all of the above listed responsibilities for application towards future employment.

To gain confidence in instructing athletes to achieve optimal performance.

Create relationships with athletes along with provide them with the tools to obtain peak performance.

Prerequisites

- Pass a background check
- Hold current CPR/AED
- Enrolled in College/University fitness or related education program

If a candidate would like the opportunity to earn commission training athletes 1 on 1 they would need to hold a current nationally accredited certification as well as items above.