



UW Health Sports Performance at The American Center

Practicum students will be asked to lead our PLAY to Train initiative, which includes offering programming for athletes 7-10 years of age. These programs include coaching athletes on fundamental movement and sports skills. In coordination with the program manager and sports performance specialists, practicum students will be responsible for program design and implementation of the Physical Literacy and Youth (P.L.A.Y.) programs.

Students will also assist in programming and implementation of other performance training programs including middle school, high school and adult populations. They will have the opportunity to develop skills in movement and performance assessments in an athletic population.

Student Requirements:

- Reliable transportation
- High energy
- Motivation to take the lead on new programming
- Athlete recruitment and retention
- Willingness to work as part of a team
- Openness to learning

Program Days and Times:

M, T, W, Th, 4:00-5:00 pm Saturday mornings (additional programs offered M-Th 5:00-9:00 pm and Saturdays)

About the Program:

Join UW Health Sports Medicine in offering a new program in Sports Performance. UW Health at The American Center is a new facility opening in September that will offer a variety of Sports Medicine services including physical therapy, physician clinics, wellness, integrative medicine, nutrition, sports psychology and sports performance. The facility is located on the East side of Madison approximately 20 minutes from campus.

The East Wing of the facility is dedicated to sports performance, wellness and therapies. The 2nd floor Sports Performance space is 22,000 ft² and includes indoor Field Turf, regulation basketball court, 3-lane 55 yard sprint track, dedicated strength/power training area, functional testing and a state-of-the-art sports movement room that includes an 8 camera, infrared movement system with integrated force plates. Outdoor spaces include an additional Field Turf area, medicine ball training, suspension training, acceleration/deceleration hill and a sand training area. This is an opportunity to be a part of Wisconsin's premier center for sports medicine, human movement and athlete development.