

Position Opening - Extreme Baseball and Softball Club / CrossFit Collinsville



Strength and Conditioning Internship – Assistant to S&C Director

- Extreme Baseball and Softball Club / CrossFit Collinsville – Collinsville, IL 62234
- Paid and Volunteer Internship Opportunities

Description: The goal of this internship is to familiarize the intern with all aspects of our training business and its partners. Intern to be involved in operations, team, small group and individual training, facility management, business growth and customer service. We are looking for an individual who is eager to learn and develop into a confident, knowledgeable and relation coach who loves to work with youth athletes and adults in a fitness or performance setting. We are looking for impactful trainers not only from a physical standpoint but those that can provide the right experience in athletics and fitness.

- Intern will report directly to the Fitness and Performance Director
- Intern will be given recurring responsibilities to be completed daily through the duration of the internship.
- Intern will participate in the planning and execution of team training, new programs, and personal training.
- Intern will learn operation systems and platforms utilized by S&C staff.

S&C Intern Plan:

Recurring Responsibilities:

- Daily operations assigned from director
- Regular shadowing of one of our trainers in different training environments
- Participate and lead training sessions for coach development
- Facility management and upkeep (cleaning, sanitizing, retail, etc...)

Events:

- Planning and execution of new small group training (performance or fitness)
- Market to community for personal training opportunities
- Content creation approved by director
- Perform CEU requirements for certification held or actively preparing for certification.

Qualifications:

- 1-2 years of training experience (teams, small group, individual)
- Working towards or hold a Bachelor's in Exercise Science or similar fields.

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- Credible certifications (CSCS, ACE, NASM, CFL1, TPI) or working towards one of these.
- Candidates should be organized, innovative, proactive, high energy and relational.

Application

Interested applicants should submit application here (www.crossfitcollinsville.com)

Sincerely,

Chris Thomas
Extreme BSC / CrossFit Collinsville
Performance Director
618-780-7152