



TRAINING  
**HAUS**



# **SPORTS PERFORMANCE INTERNSHIP**

[TrainingHAUS.com](http://TrainingHAUS.com)

The Training HAUS Sports Performance Internship offers students an opportunity to learn from our industry-leading team of strength coaches and gain exposure to our team of healthcare professionals and rehabilitation specialists, sports scientists and other practitioners. This program will teach students how to design, implement and execute strength and conditioning training programs for high school, collegiate and professional athletes.

## INTERN RESPONSIBILITIES

- Sports Performance Programming & Program Implementation
  - Write warm-up/movement prep, speed/agility & resistance training programs.
  - Execute and coach specific sports performance programs.
  - Attend weekly in-services discussing programming, research and other related topics.
  - Complete a mutually agreed upon intern project.
- Fueling Station Support
  - Work alongside our sports dietitian to apply sports nutrition knowledge at our "Fueling Station."
  - Help athletes make healthy pre-/post-workout fueling choices.

## INTERN QUALIFICATIONS

- Current enrollment or recent graduate of Associate's or Bachelor's degree from accredited college or university.
- Students with or obtaining a degree in Kinesiology, Exercise Science/Physiology, Biomechanics, Engineering, Athletic Training, Physical Therapy and Medicine are encouraged to apply.
- Current CPR/AED certification.

## INTERNSHIP DETAILS

- Sports Performance Internships are available each academic quarter and will last a minimum of 3 months (12 weeks) in length. Training HAUS is open to the length of the internship but prefers 3 - 6 months if possible.
- A 20-hour per week minimum is required and preference will be given to those able to commit beyond this requirement. A 30 - 40 hour per week commitment is preferred for the summer internship.
- Training HAUS will work with accredited programs to offer classroom credit when applicable. Proper documents will need to be provided by students for insurance reasons.

## ABOUT TRAINING HAUS

Training HAUS, with a flagship location in Eagan, is an elite athletic performance and recovery philosophy that is unparalleled in the Twin Cities. Utilizing innovative, science-based methods, our industry-leading team of experts work together to form a personalized approach for the athlete. Collectively, we establish a foundation for athletic performance that promises to challenge, inspire and produce real results. Sports performance services are available at the Training HAUS flagship location in Eagan, TCO Sports Performance facilities or at your school, field or facility. Training HAUS offers internships in Sports Performance, Sports Science and Sports Therapy.

## LOCATION

TCO Sports Performance Facilities  
Training HAUS - Eagan

## CONTACT US

952-456-7650  
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[TrainingHAUS.com/Internships](https://www.TrainingHAUS.com/Internships)