

# University of Delaware Strength & Conditioning Internship

Start Date: September 1, 2011

End Date: May 31, 2012

Pay: Volunteer

Credit: Yes, per individual's academic program.

Application Due Date: Open until filled.

The University of Delaware Strength & Conditioning Department is committed to providing the highest level of athletic preparation for all varsity student-athletes. Our primary goal is to maximize the potential of each student-athlete throughout their college career. Every student-athlete matters. We are currently accepting interns who are interested in pursuing a long term career in the strength and conditioning field.

## **Qualifications:**

- Ability to perform and coach Olympic and major strength movements;
- Enrolled in a Bachelor degree program at the junior or senior level status or enrolled in a Master degree program;
- Proficient with Microsoft Excel, Word, Power Point & Outlook.

## **Job Description:**

- Functions include but are not limited to assisting with the following:
  - Warm-up routines
  - Core Routines
  - Olympic lifts
  - Plyometric
  - Major movements
  - Auxiliary exercises
  - Speed & Agility
  - Conditioning
  - Post-workout stretch/foam roll
  - Set up & Break Down
- You are here to:
  - Help out the teams/athletes
  - Learn as much as possible
  - Get a good recommendation
  - Have a good experience

## **To Apply:**

Please send applications to Augie Maurelli at [maurelli@udel.edu](mailto:maurelli@udel.edu).

