

MST Sports Performance

Internship Opportunities

MST Sports Performance has the following internships available for the 2016 spring season.

Internships are subject to change, so please check this website for updates.

www.myspeedtrainer.com

Sports Performance Coach (multiple openings) start dates as follows:

Jan 2016 (2positions available)

To formally apply for an internship position, please submit a cover letter, resume and 3 references to: ewinslow@myspeedtrainer.com You can also mail your cover letter, resume and references to the address below.

MST Sports Performance

Edward A. Winslow, MS, CSCS, USAW

MST Sports Performance Director

6855 Lyons Technology Circle, Suite 16

Coconut Creek, FL. 33073

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ewinslow@myspeedtrainer.com

Thank you for your interest in **MST Sports Performance** internship opportunities. **MST Sports Performance** is an Equal Opportunity Employer.

MST Sports Performance

Internship Opportunities

Sports Performance Coach Intern (multiple openings)

Position Summary: *MST Sports Performance* is a national leader in sports performance training, providing entry level internships to highly qualified candidates. Our internship program provides a full-time 12-week, 480 hours/40 Hours per week applied training experience. This internship is for students interested in supplementing their formal education with practical training knowledge.

MST Sports Performance strives to provide a range of essential training services to competitive high school, collegiate, elite, Olympic, and professional athletes. Skills that interns can expect to learn at *MST* include, but are not limited to: (1) understanding and implementation of speed training techniques, (2) performance measurements for bench, squat, dead lift and Olympic lifts, 40-yd dash, 20-yd shuttle (pro agility test), 60-yd shuttle, vertical jump and broad jump, (3) strength training program design, (4) functional and sport-specific drills, (5) sports specific program design, (6) explosive/power training (7) understanding and applying the biomechanical analysis of athletes. (8) Video analysis breakdown using key positions.

Necessary Qualifications: In order to be considered for an internship at *MST Sports Performance*, each candidate must have reasonable knowledge of anatomy, exercise physiology and kinesiology. Candidates must possess a strong work ethic, a deep-seated willingness to learn, strong communication skills and desire to pursue a professional position in the performance enhancement field. Successful progress towards Bachelor's and/or Master's Degree in Exercise Science or related field.

Preferred Qualifications: Certified through the National Strength and Conditioning Association or a nationally recognized certification (ACSM, NASM, USAW). Collegiate or competitive high school playing experience. Experience with training athletes. Digital video analysis.

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