CITY COLLEGE OF SAN FRANCISCO  
STRENGTH AND CONDITIONING

Strength and Conditioning Coaching Internships

This internship is designed to bridge the gap between the academic and real world. Too often college/university students need garner appropriate interactive skills necessary to successfully bridge the gap between academics and the real world. Therefore, this hands-on internship affords the successful candidate the opportunity to coach a diverse population of high level, highly competitive intercollegiate athletes on a daily basis.

Intern Duties & Responsibilities
- Dynamic warm-up protocol(s)
- Implement periodized sport specific protocols as related to the Annual Plan
- Accelerative an absolute speed development outcomes
- Plyometric protocols and related efficacy
- Conditioning: including sport/position specific metabolic protocols
- Olympic Weightlifting progression and support exercises
- Core function development utilizing bodyweight and implements
- Strength training emphasizing neutralizers, stabilizers and proprioception
- Individual athlete tracking and testing
- Daily set-up of Training Hall
- Participation in weekly staff meeting (including roundtable and development)

Available Internships for 2010
- Spring Semester (19-January-10 thru 28-May-10)
- Fall Semester (09-Aug10 thru 17-Dec10)

Available Internships for 2011
- Spring Semester (18-January-11 thru 27-May-11)
- Beginning 2011 there will be a Summer Internship (dates TBD)

Individuals interested in these internship opportunities should submit the following:
- Letter of interest (note the semester you are in interested in)
- Personal statement (maximum 2-paragraphs)
- Resume

Forward these items to:

City College of San Francisco Strength and Conditioning  
Department of Physical Education, Athletics, and Dance  
50 Phelan Avenue – Health and Wellness Center  
San Francisco, California 94112  
Attention: John Balano