



• 185 Otis Street • Northborough, MA 01532 • 508.393.2864 • Email: info@exceedspf.com •

EXCEED SPORTS PERFORMANCE & FITNESS INTERNSHIP APPLICATION

An internship with EXCEED will dramatically improve your knowledge and understanding of strength and conditioning. Through a hands-on, coaching intensive internship you will learn what it takes to coach real athletes and manage their unique demands and issues. During the process you will work directly with Middle School, High School and Adult Competitors as well as assist and observe more elite athletes in the Collegiate and Professional Ranks.

Applicants are expected to have a passionate interest in becoming an excellent coach. You must feel comfortable interacting with our clients, their parents and siblings, our staff and fellow interns. We are looking for motivated applicants who are hungry to learn and develop into S & C professionals. We are very hands on and emphasize speed and power heavily. It is ideal for applicants to have a strong background in athletics and should be able to demonstrate a wide spectrum of skills.

Intern Duties, Responsibilities and Skills will include but are not limited to:

- General Warm Ups - Movement and Dynamic Prep
- Tissue Quality - Self Myofascial Release
- Tissue Length - Static and Dynamic Stretching Methods
- Speed Development - Acceleration, Deceleration and Re-Acceleration
- Plyometrics, Jumping and Landing
- Power Development - Olympic Weightlifting and Weighted Jumps and Throws
- Total Body Strength Development - Maximal, Dynamic, Repetitive and other forms
- Core Training - Producing and Reducing movement through the core
- Injury Reduction Methods - through technique and strength development
- Daily Procedures - Set Up, Clean Up, Organizational help

INTERNSHIP SCHEDULE:

- 1st Block: Jan 2 to May 10 (2 Positions available) - Application Deadline: Dec 1
- 2nd Block: June 1 to Aug 30 (4 Positions available) - Application Deadline: May 1
- 3rd Block: Sept 1 to Dec 23 (2 Positions available) - Application Deadline: Aug 1

** Individual schedule based on institutions calendar

If you are interested in joining our team for any of these Blocks please complete and email a copy of this application as well as a copy of your resume to Sean@ExceedSPF.com. You can also send a hard copy to us [HERE](#)



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General Information:

First Name:		Middle:		Last Name:	
Preferred Name/Nickname:				Date of Birth:	
Street Address:					
City:		State:		Zip:	
Phone Number (Home)			Phone Number (Cell)		
Email:				Preferred Method of Contact:	

Desired Block:

1 st Block Jan 2 to May 10	Yes <input type="checkbox"/>	No <input type="checkbox"/>
2 nd Block June 1 to Aug 30	Yes <input type="checkbox"/>	No <input type="checkbox"/>
3 rd Block Sept 1 to Dec 23	Yes <input type="checkbox"/>	No <input type="checkbox"/>

School/Education:

College Name:		Major:	
School Address:			
City:		State:	
Academic Status:		Graduation Date:	

Athletic Information:

High School:

High School Name:		City:		State:	
Head Coach:		Sports:			

College:

College Name:		College Sport:	
Head Coach:		College Position:	
Coach Email:		Coach Phone:	



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Specialty Information (optional):

Athletic or Academic Achievements / Awards:	
Community Involvement:	

Academic References:

<i>Name:</i>	<i>Phone:</i>	<i>Email:</i>
1.		
2.		

Other References:

<i>Name:</i>	<i>Phone:</i>	<i>Email:</i>
1.		
2.		

Experience:

<i>Job:</i>	<i>Date:</i>	<i>Description:</i>
1.		
2.		
3.		
4.		

* Please include a 500-Word Essay or Short Video explaining why you would be a good fit for our facility *