



## SUMMER INTERNSHIPS AT VARSITY HOUSE GYM

*Educating the next generation of Strength Entrepreneurs™*

**Varsity House Gym** is one of the premier performance training centers in the world. Athletes and individuals come from across the globe to train and learn from some of the best coaches in the industry. Do you have what it takes to be the best? **Varsity House Gym** is currently taking applications for summer internships. If you have a true passion for strength & conditioning, coaching, mentoring athletes, nutrition, and the science behind human performance than you might have what it takes to be a Varsity House coach.

### **LEARNING OBJECTIVES:**

Program design and theory. Learn proper exercise technique, performance nutrition, developing year-round training systems, the management of athletes and teams, coaching & queuing, and [The Business of Strength™](#) (marketing, sales, and business management).

Certification by [NSCA](#). All interns will be required to take and pass their National Strength & Conditioning Association Certification Exam prior to the completion of their summer internship. This certification will serve as a valuable tool for future employment and set you apart from your peers. Exam fee will be paid for by **Varsity House Gym**.

Attend a [Business of Strength™](#) two-day Mentorship. As part of your internship learning experience you will be given to opportunity to attend our two-day business mentorship. Learn, operations, marketing, sales, and business development.

### **APPLICANTS MUST HAVE THE FOLLOWING MINIMUM REQUIREMENTS:**

1. College Degree in progress in a sport science related field: Exercise Science, Kinesiology, Physical Education, Biomechanics, Athletic Training, Physical Therapy, Human Physiology, and/or Biology.
2. 3.0 GPA
3. Minimum Grade of Sophomore
4. Able to work a minimum of 40hrs/week.
5. Able to work during the following period: Start May 21<sup>st</sup> – End August 24<sup>th</sup>

*\*Prior athletic experience, training certifications (NSCA, ACE, NASM), mentorships, and coaching experience a plus.*

### **PLEASE SEND THE FOLLOWING DOCUMENTS:**

1. **Cover Letter** – Discuss career goals, educational experience, and how/why you would make a great addition to the Varsity House team.
2. **Resume**
3. **Unofficial Transcripts**
4. **Letter of Recommendation – Minimum (1) One**
5. **Professional References – Minimum (2) Two**

If you meet the described criteria and think you have what it takes to be part of a world class strength & conditioning team, please send all of the application documents together in one email to Joe Riggio at [jriggio@varsityhousegym.com](mailto:jriggio@varsityhousegym.com). Applicants who complete their application package will be contacted within (7) seven business days as to the decision of their application. Those who pass the initial application process will be called to schedule an interview. **Please submit all applications by March 31<sup>st</sup>.**



## Proposed Learning Objectives

### **Week 1**

- Introduction to programming and physiology.
- Essentials of Strength Training and Conditioning 4th Edition Human Kinetics. Chapters 11, 12
- Practical evaluating an athlete (identify weakness and prescribe sport/ athlete specific exercises)
- Coaching 101
- Exercise Proficiency – Bench Press
- Quiz 1

### **Week 2**

- Programming & physiology continued.
- National Strength and Conditioning Association. Essentials of Strength Training and Conditioning 4th Edition Human Kinetics. Kindle Edition. Chapters 15 and 19
- Marketing basics.
- Exercise Proficiency.
- Quiz 2

### **Week 3**

- Programming & physiology continued.
- National Strength and Conditioning Association. Essentials of Strength Training and Conditioning 4th Edition Human *NSCA slides from Chapter 4 and 5*
- Programming design & implementation (Varsity House Method)
- Sales Implementation
- Exercise Proficiency – Deadlift
- Game Speed.
- Quiz 3

### **Week 4**

- Advanced Programming
- National Strength and Conditioning Association. Essentials of Strength Training and Conditioning 4th Edition Human Kinetics. *NSCA slides from Chapter 6 and 13*
- Youth and sex coaching considerations
- Generating a business plan for your future
- Exercise Proficiency – Olympic movement
- Comprehensive Exam 1

### **Week 5**

- National Strength and Conditioning Association. Essentials of Strength Training and Conditioning 4th Edition Human Kinetics. *NSCA slides from chapters 7 and 10*
- Athlete nutrition basics
- Developing a program and team programming
- Developing a marketing plan
- Coaching Quiz
- Exercise Proficiency – Shoulder & Knee Injury Prevention
- Quiz 4

### **Week 6**

- Speed Training & Application
- Front End Sales and Client Management
- Exercise Proficiency – Spinal & Hip Mobility / Injury Prevention/ Unique VH prevention processes
- Quiz 5

### **Week 7**

- Marketing, Sales & Client management
- Exercise Proficiency – Programming (Prilepins Chart, Progressive Overload, Hypertrophy/Strength/Power)
- Quiz 6

### **Week 8**

- Live Evaluation
- Coaching Practical (3-day plan)
- Final In-Session Report
- Certification Testing

### **Weeks 9-12**

- Practical application and coaching
- Preparation for training synopsis and practical
- Self-Development