



AIM Sports Performance Internship

The Opportunity:

- Coach a variety of athletes currently ranging from youth athletes to Division 1 collegiate athletes
- Learn proper exercise techniques as well as coaching cues to put athletes in correct positions during training
- Learn programming for athletes including what should be taken into account when writing a training program
- Apply what you have learned in the classroom to a practical setting

Staff Background:

- Master's of Science in Exercise Physiology
- Certified Strength and Conditioning Specialist (CSCS)
- Trained professional basketball and baseball players
- Experience at DePaul University

Objective of the Internship:

- Accomplish your personal goals for the internship (goals will be discussed at the beginning of internship)
- Develop confidence in ability to coach any athlete
- Develop own training philosophy, coaching style, own programming style, and own personality as a coach