

# ***MST Sports Performance***

## ***Internship Opportunities***

*MST Sports Performance* has the following internships available for the 2010 season.

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

[www.myspeedtrainer.com](http://www.myspeedtrainer.com)

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

#### ***August 2, 2010 (1 position available)***

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

#### ***MST Sports Performance***

Attn: Edward A. Winslow

1143 Banks Road

Margate, FL. 33063

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 225-lb bench press test, 40-yd dash with 10- and 20-yd split times 20-yd shuttle (pro agility test), 60-yd shuttle, 3 cone drill (L drill), vertical jump and broad jump, (3) strength training program design, (4) functional and sport-specific drills, (5) explosive/power training (6) understanding and applying the biomechanical analysis of athletes. (7) Video analysis using dartfish software.

**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 football playing experience. Experience with training athletes. Digital video analysis.

To formally apply for this internship, please submit a cover letter (specifying your interest in the PERFORMANCE COACH internship) resume and 3 references to: [ewinslow@myspeedtrainer.com](mailto:ewinslow@myspeedtrainer.com).

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