





GODSPEED: Internship Info

WHAT DO WE BELIEVE?

We believe that an individual can only fully adapt their physical, mental, and spiritual state when they fully commit their **Heart, Mind, Soul, and Strength**. By cultivating these four attributes, Godspeed's performance training will progress each athlete to achieve their greatest potential.



WHO WE TRAIN

- NFL 
- MLB 
- MLS 
- NCAA 
- High School - Youth
- Adults
- Competitive Weightlifters



YOUR RESPONSIBILITIES:

DAILY RESPONSIBILITIES

- Assist Godspeed coaches with performance training classes, if intern is deemed prepared by Godspeed coaches, he/she will be assigned to coach classes as the lead instructor
- Assist Godspeed coaches with facility maintenance as well as set up and take down of equipment
- Assist Godspeed coaches with athlete data collection
- Assist Godspeed coaches with various training and/or business projects

EDUCATIONAL RESPONSIBILITIES

- Weekly article reviews (2) - 1 article provided by Godspeed, 1 article found on your own
- Weekly staff in-services (1)
- Research project + presentation (1) given at conclusion of internship

INTERN MUST BE ABLE TO:

- Dedicate 50-60 hours/week
- Lift and move at least 50 lbs frequently
- Have a good understanding of/be able to apply biomechanics
- Be self-motivated, proactive, and eager and ready to help with any and all tasks

Internships are unpaid and are available year-round for Summer, Fall, and Spring semesters. (Housing in Hoover near the Godspeed campus may be available, intern must pay rent)

FOR MORE INFORMATION:

Contact Monique Martin at godspeedesa@gmail.com

TO APPLY PLEASE SEND:

1. An updated resume
2. A brief (500) word essay describing your desire to intern for Godspeed
3. A list of 3 references to Monique

GODSPEED.ORG

