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# Canadian Sport Centre Atlantic

## Strength & Conditioning Internships:

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The Canadian Sport Centre Atlantic (CSCA) promotes excellence in sport by supporting high performance athletes and coaches training and living in Nova Scotia, New Brunswick, Newfoundland, and Prince Edward Island. We provide performance and life services to eligible CSCA registered high performance (national team) athletes along with employment and educational opportunities for coaches

There are currently over 130 athletes on national team programs in Nova Scotia. The CSCA annually services over 150 athletes individually and 900 through training groups and Canada Games programs. Each year over 500 coaches participate in educational opportunities organized by the CSCA.

The CSCA is proud to offer students a 3 phase internship program:

- Level 1: 50 hours to observe and learn the basics
- Level 2: 120 hours to learn to lead groups, write programs, conduct testing
- Assistant Strength & Conditioning Coach: Program design, lead sessions, opportunity to earn income

### LEVEL 1 INTERNSHIP

A 50 hour unpaid internship providing hands on experience in the field of Strength & Conditioning and Physiology at the Canadian Sport Centre Atlantic located in Halifax, Nova Scotia. Hours from Dalhousie's Kinesiology practicum placement course can be used towards your 50 hour internship. Students must complete 50 supervised hours before they are eligible to move to the 2<sup>nd</sup> level practicum.

The purpose of the Level 1 internship program is to introduce participants to all aspects of sports performance coaching. Interns will observe and assist full time S&C coaches. The intern will get the opportunity to observe athletes at the club, provincial and Olympic level from many different sports while they undergo training and fitness assessment. The desired outcome is to provide the interns with the opportunity to be mentored by the CSCA's Full-time Strength and Conditioning Coaches. At the end of this internship, participants should be comfortable assisting the training of athletes in individual and group settings.

**Reports To:** Full-Time Strength and Conditioning Coaches

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**Time period:** Early September to late December or Early Jan to late April

### Task includes:

- Observe team, group or individual training sessions
- Observe athlete preparation and recovery
- Observe athlete injury prevention work and rehabilitation from injury work
- Exposure to movement screens and fitness testing batteries
- Exposure to a range of assessment Tools: Force Plate, Timing Lights, Tendo Units, OptoJump etc.
- Observe Movement (Speed Agility and Quickness) and Plyometric Training Sessions
- Observe Strength, Power and Energy System Development Sessions

### Qualifications and skills required:

- Currently enrolled in or a graduate of an undergraduate Kinesiology Program
- Strong interest and a passion for physical training
- Highly motivated leader with strong coaching and communication skills
- Ability to work flexible hours including early morning and weekends (minimum 5 hrs/week)
- Ability to work in a fast-paced athletic environment.

### Please submit:

A cover letter and resume with one letter of recommendation. Please also include an essay of no more than 250 words describing your career goals and how this internship impacts your career goals.

Please note that you will be responsible for your own transportation, food and other costs of living.

You will only be contacted for an interview if your application meets the qualifications outlined. If you do not receive an email response by September 2014, please assume you did not meet our minimum requirements. Interviews will be conducted via Skype. On your resume please state your Skype and email address.

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