



Competitive Athlete Training Zone

CATZ High School Internship Program

If you answer yes to any of the following questions...

- Do you love sports and athletics?
- Do you want to know more about how the human body works?
- Are you interested in strength and conditioning?
- Are you enthusiastic and outgoing?
- Do you like helping others reach their goals?
- Would you like to know more about how to run a business?

Then you may be a good candidate for the CATZ High School Internship Program!

Qualifications:

- Must be a current high school student who plays a sport and/or is active in the local sports community.
- Passionate about youth, high school, and college athletics.
- Comfortable speaking with parents and coaches about CATZ.
- Well-organized, detail oriented, and can handle a variety of tasks.
- Possesses basic computer skills and proficiencies – Excel, Word, Internet search, and online entry.
- Loves strength and conditioning, fitness, and exercise.

Duties and Responsibilities:

- Directly assist Performance Director in daily operations – program design, member management, follow-up calls, and facility maintenance.
- Host tours, walk-ins inquiries, and in-coming phone calls.
- Update member management system on a daily basis.
- Represent CATZ in a professional manner at all times.
- Participate in high school performance or adult training workouts.

What you will learn:

- How to design and deliver safe and effective strength and conditioning programs for youth, high school, and college/elite athletes. This includes the following elements:
 - *Proper dynamic warm-up and flexibility techniques*
 - *Speed, agility, quickness drills and running mechanics*
 - *Olympic lifting techniques*
 - *Functional strength training*
 - *Injury reduction*
 - *Sport-specific conditioning*
 - *Testing and evaluation*
- How to organize and execute outreach and marketing strategies.
- How to build strong relationships with athletes, parents, and the local sports community.
- Proper business decorum and etiquette.