

## **Strength & Conditioning Intern – Guelph Gryphons**

The Strength & Conditioning Intern will act in a support role to the Head Strength and Conditioning Coaches in order to deliver all aspects of a comprehensive Sports Performance program to Guelph Gryphon varsity athletes. This position will require direction communication & interaction with student-athletes, sport coaches, and other support staff in a fast-paced, high-energy environment. Interns can expect to commit to 5-10 hours per week spread between the high performance centre, sport practices and office work.

### **Responsibilities**

- Assist in supervision of the High Performance Centre in Alumni Stadium to promote a positive, efficient, effective and safe training environment.
- Assist Head S&C Coaches in delivery of strength and conditioning sessions including weight room strength/power, field movement/agility and energy system development.
- Assist in equipment setup, tear down, session transition and cleaning/organization of High Performance Centre.
- Collect data from a variety of sources including daily wellness questionnaires, jump testing, etc.
- Assist with off-season and in-season fitness testing and movement screening.
- Other duties as assigned.

### **Preferred Qualifications**

- Strong desire to work in a Sports Performance or related field
- Working towards undergraduate degree in Human Kinetics
- Experience working in a Strength & Conditioning and/or sport environment
- Experience with Microsoft Excel and/or Google Sheets
- Background in statistics an asset
- First Aid/CPR

Potential for a stipend per term.

Please submit a resume and cover letter to Josh Ford, Head Strength & Conditioning Coach to [joshford@uoguelph.ca](mailto:joshford@uoguelph.ca) by September 21st. Please include "S&C Internship" in the subject line. Group interviews will be held the final 2 weeks of September.