



**Internship Application**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (Home) \_\_\_\_\_ Phone (Work) \_\_\_\_\_

Best time to reach you: \_\_\_\_\_

Internship Dates: \_\_\_\_\_ thru \_\_\_\_\_

How many hours needed: \_\_\_\_\_

**Education**

School: \_\_\_\_\_

Degree Earned/Pursuing: \_\_\_\_\_

Major: \_\_\_\_\_

**High School/College Honors and/or activities and year(s) involved:**

\_\_\_\_\_  
\_\_\_\_\_

Sports played in college: \_\_\_\_\_

**Employment**

Employer: \_\_\_\_\_

Employer Name: \_\_\_\_\_

Employer Number: \_\_\_\_\_

**Strength and Conditioning Experience**

Please request two letters of recommendation from the references who can speak to your potential as a collegiate strength and conditioning coach. List name and position of references below.

1. Name \_\_\_\_\_ Position \_\_\_\_\_

2. Name \_\_\_\_\_ Position \_\_\_\_\_

3. Name \_\_\_\_\_ Position \_\_\_\_\_

Please send your resume with this application to:  
[Amanda.Kimball@uconn.edu](mailto:Amanda.Kimball@uconn.edu) or mail to  
Amanda Kimball

University of Connecticut  
Strength and Conditioning Department  
505 Stadium Road Unit 3204  
Storrs, CT 06269

**University of Connecticut Strength and Conditioning**  
**Student Intern**

A student intern must be highly committed to the strength and conditioning profession. Thus be willing and eager to participate in all facets of the UCONN Strength program. The student serves as a member of the strength staff and therefore establishes him or herself accordingly in a professional manner. This includes:

1. Respect and a positive attitude towards all UCONN staff and administrators.
2. Developing a positive relationship with the student athletes, while maintaining a professional distance.
3. The actions and verbal communications are a reflection of UCONN and need to be taken very seriously.
4. Willing to help enhance the program by continuing education and research.
5. Perform maintenance responsibilities as well as some office responsibilities (i.e. data entry, data collection)

The student intern will report directly to the strength and conditioning coordinator, and will work under the direction of all assistant coaches and graduate assistants.

Internships are strictly on a volunteer basis and no benefits or compensation will be provided. The program is designed for the intern to gain knowledge in the field of strength and conditioning. The intern will also gain practical experience by teaching exercise technique (i.e. Olympic lifts) and also the opportunity to gain a better understanding of program development and administration. Overall, this experience will help the intern gain comprehensive knowledge of how a strength and conditioning program is run on a day-to-day basis. In turn, possibly opening doors for future opportunities in the strength and conditioning profession.

