



McMaster University Summer Strength & Conditioning Coach Internship:

This internship is an unpaid 4 month volunteer position providing hands on experience in the field of Strength & Conditioning in a University athletic setting.

Reports To: Strength & Conditioning Coordinator

The purpose of the Summer S&C internship program is to educate participants in all aspects of sports performance coaching. Interns will assist in conducting LTAD- based strength & conditioning camps for youth athletes, assist in training Varsity athletes from a wide range of sports, professional, collegiate, national and provincial level athletes in small groups or in a one on one setting. The desired outcome is to provide the interns with the opportunity to be mentored by McMaster's Lead Strength & Conditioning coaches in better preparing them with the tools necessary for employment in this increasingly competitive field.

There are 2 positions available:

- 1) Professional Strength & Conditioning Internship: Applicant has an undergraduate degree in Kinesiology/ or College Diploma and currently holds NSCA-CSCS certification.. 400 hrs from April 30th to August 26th 2016.
- 2) Student Undergraduate Strength & Conditioning Internship: Applicant is currently enrolled in an undergraduate program in Kinesiology / Diploma in Fitness. Minimal possible part time hours are available. 240 hrs from April 30th to August 26th 2016.

Task includes:

- Complete McMaster internship educational curriculum weekly hosted by 1 lead SNC Coach
- Complete weekly assignments assigned from each topic
- Group discussions on current research associated with weekly curriculum topics
- Assist in conducting team, group or individual training sessions
- Assist in conducting athlete preparation and recovery
- Assist in conducting athlete prehab and rehab
- Assist in conducting team and individual SFMA Movement and Physiological Assessment
- Learn how to use Assessment Tools: BodPod, Accelerometer, Force Plate, Timing Lights, Tendo Units, OptoJump etc.....
- Assist in conducting Movement (SAQ), Plyometric Training Sessions
- Assist in conducting Strength / Power, Energy System Development Sessions
- Assist in Weight Room Supervision
- Observe the May Strength & Conditioning Hockey Canada Camp
- Observe THE Competitive Edge -Youth LTAD Development Camp



Qualifications and skills required:

- Currently enrolled in or is a graduate of a University/College in Kinesiology/Fitness Program
- Strong interest and passion for training
- Minimum 1-2 yrs experience in training & conditioning athletes
- Need to have current Standard First Aid and CPR prior to beginning their placement.
- Highly motivated leader with strong coaching skills
- Ability to complete flexible hours including weekend (expect 20-40 hrs/week)
- Ability to be involved in a fast-paced athletic environment.

What sets our internship apart is where our staff are now. Currently we have former interns pursuing Masters and PhD in Strength & Conditioning, employed with various national teams, Canadian Sport Centres and pursuing internships with professional teams, private sector facilities and NCAA Universities. It is our educational curriculum combined with the mentorship of our head coaches that provides a diverse opportunity for future strength & conditioning coaches to be prepared for employment.

These 4 month positions will start on April 30th, 2016 and end on Aug 26th, 2016. If you are interested in one of these positions please email:

1. Cover letter and resume
2. Two (2) letters of recommendation
3. Essay of 250 words or less describing your career goals and how this internship impacts your career goals.

To Steve Lidstone lidston@mcmaster.ca

By March 15th, 2016

Please note you will be responsible for providing your own housing, transportation / parking, food.

You will only be contacted for an interview if your application meets the minimum requirements. Interviews will be conducted via skype for all successful applicants.

Good Luck!

Steve Lidstone CSCS, CATA, Dip FLMP, BKin Hons
Strength & Conditioning Coordinator
McMaster University
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Please read the testimonials from some of our previous interns:

I personally want to thank you and your staff for the tireless effort that goes into your internship program. This summer at Mac was one of the best life choices I have made. I gained a tremendous amount of knowledge, confidence and experience in such a short period of time and it opened up opportunities to work in this field. I cannot thank you enough for this. I appreciate the work you do to make coaches better, not just at Mac, but across the industry and for me personally. You encourage me to follow your path and help other coaches find their spot and I will continue to work so that I can one day have the same positive impact on aspiring coaches that you have.

Tommy Gingras, Lead Strength & Conditioning Coach, University of Waterloo

As an intern at the David Braley Athletic Centre, I was given the opportunity to be mentored by experienced coaches while training varsity & Olympic athletes. This internship taught me the fundamental principles in improving athletic performance, understanding injury mechanisms and how to use technology to test athletic abilities. I coached alongside experienced coaches who provided me with feedback as I assisted in coaching athletes in the high performance area. Weekly education series and training with the strength coaches not only helped me be a better coach but allowed me to improve my ability to strength train as well. This internship has given me the foundation I need to be a well-rounded health care professional.

- Ricky Singh, Chiropractor, PEAKS

The McMaster Strength and Conditioning Coach Internship is an incredibly knowledgeable, high intensity, hands-on experience. Having the opportunity to help coach the training camps for Hockey Canada and the Hamilton Tiger Cat's allowed me to see elite level athletes up close and in action. Working with varsity athletes allowed me to train them for high performance, but as well, putting into consideration the lifestyle as a student and the difficulties it may bring. I'm so happy to say that I am now a part of the McMaster Strength and Conditioning Coach family and it was an amazing experience.

- Rhea Molenaar, Live Well Specialist, YMCA