



LTAD – Youth Programming & Coaching Fundamentals Internship

June- August

The mission of the SSWSC is to create champions on and off the mountain by developing life skills and providing growth opportunities through participation in sports. Our mission is why we exist. We have a unique opportunity in Steamboat Springs to develop the best skiers and snowboarders in the world thanks to our venues, coaching staff, Ski Town, U.S.A. culture and Olympic heritage. Across the board our staff is committed to the larger picture of using our sports as a vehicle for personal growth and embracing champion behaviors outside of the competition realm.

Our vision is that the SSWSC is the model community youth organization for long-term personal development through sport. At our core we are a community-serving club, meeting the needs of the youth in Steamboat Springs and the broader Yampa Valley. We focus on long-term developmental gains over short-term results, and as such, are welcoming to all levels of ability in our programs, knowing that every child has the potential to grow and experience success on their own terms. Our multi-discipline programs for all ability levels result in healthy, contributing members of our community as well as skilled and passionate athletes.

We are guided by four core values: teamwork, integrity, fun, and achieve.

Overview

Steamboat Springs Winter Sports Club is seeking a high-energy, hard-working, up-and-coming Athletic Development coach who is looking to immerse themselves in a true hands-on youth coaching experience.

This internship is a unique opportunity to lead SSWSC Youth Development programming, collaborate with multi-discipline coaches, and help refine the LTAD model for SSWSC.

The experience gained here will focus on youth development, LTAD, and coaching philosophy. It will provide opportunities for critical thinking, experimentation, and present the opportunity to learn operational skills and behaviors in a real-world youth programming environment.

This is an unpaid internship but housing will be provided. There are also possibilities for income within minicamp programs or through our support partners. More explained below.

Among other things, interns can expect the following:

- Mentorship from experienced athletic development coaches and administrators.
- Exposure to a wide variety of different winter and summer sports training practices, philosophies and real-time applications.
- Real-world problem solving and professional skills development.

- Outside the box thinking and learning.
- Program and project development for a LTAD model specific for SSWSC.

Structure

This is not a “stand in the corner” internship. Interns will be fully immersed in the coaching, operations and culture of SSWSC, with duties including (but not limited to):

- Program coaching, leading, and implementation, including programs such as FunFit, Strength Fundamentals & Physical Literacy, as well as all youth summer mini-camps.
- Program design, including periodization, understanding of various phases and models, and adjustment for competition or athlete requirements.
- Management of certain athletes or groups as directed by site director.
- Cleaning and maintenance duties within the performance center.
- Follow strict SSWSC and Routt County COVID-19 protocols.

Schedule

The duration of the internship is approximately 3 months, June through August. Start and end dates can be flexible depending on interns' school's needs if necessary.

A weekly schedule will vary depending on the program and coaches needs throughout the summer. Approximately 25 hours a week.

Required Qualifications:

- Enrollment or interest in a BS degree in Physical Education, Exercise Science/Kinesiology, Sport Coaching, or a related field
- A strong interest or practical experience with performance training and/or leading youth programming.
- A growth mindset, a positive attitude, a high level of motivation with a strong work ethic, an excitement for learning, and an openness to constructive criticism.
- Must be organized and adaptable, with the ability to work in a fast-paced team environment
- Strong interpersonal skills, with the ability and desire to build rapport with athletes and effectively communicate with athletes, coaches, and staff
- Current certifications in CPR, First Aid, AED, and Concussion training or the ability to obtain these within 15 days of internship start date. (courses and costs available through SSWSC hiring)
- Pass and obtain Safe-Sport Certification, including background check. (course and availability through SSWSC hiring)
- Proficiency with computer skills (MS Word, Excel, Powerpoint)

Desired Qualifications:

- At least prior experience as an athlete, volunteer, or coach in a youth sports environment.
- Proficiency or prior experience with strength training, plyometrics, speed and agility, and conditioning
- A history as an athlete and/or working with youth
- Current certification from the CSCCa, NSCA, and/or USAW

Additional/secondary Benefits:

- Housing provided
- Access to training facility for personal workouts/training
- Exposure to water ramps, trampoline, gymnastic, skate park, Nordic jumps, mountain biking, and all other club affiliated programs.
- Access to income opportunities through coaching programs or club partners depending on availability and schedule.

Application Process

The application window is open from March 15- April 30th.

Interested candidates can apply by sending a resume and letter of interest.

The letter of interest should answer the following questions:

1. What excites you about this particular internship?
2. What unique quality, skillset, or experience do you feel sets you apart from other applicants?
3. Tell us about your other skills or hobbies.

Submissions should be emailed to:

Sady Tobin

stobin@sswsc.org

Email Subject: LTAD Internship SSWSC App. 2021

If you have any questions about this process, you are welcome to reach out to Sady Tobin, Director of Strength & Conditioning.