



## **Sports Performance Coach Intern Winchester, VA**

### **Company Description**

FASST Sports Performance Training provides industry-leading services, information, and destination location for youth athletes in the Shenandoah Valley/Tri-state area as well as fitness enthusiasts of all levels and ages. Our multi-disciplinary approach is distinguished by providing a service from the most educated and successful specialists in every aspect of the sports performance, general fitness, nutritional and medical fields. FASST is always evolving and dedicated to providing the most scientifically based program to all professionals in the sports performance and fitness industry.

FASST Sports Performance Training is currently accepting resumes for our Sports Performance Coach Internship.

### **Job Description**

- Responsible for delivering training sessions to youth, high school and team training clients.
- To plan and deliver semi-private and private sessions that engages the athlete and moves them positively toward their desired goals.
- Schedule and weekly hour dependent on facility workflow.
- Must be available to work until 9:00pm or until closing and some weekends.
- Maintain high standards of business ethics.
- Conduct semi-private and private session according to FASST Sports Performance Training standards.
- Assist in multiple business and training specific operational functions.
- Complete all mandatory on-going training education sessions.
- Attend weekly, monthly, and quarterly staff development meetings and workshops.

### **Qualifications**

1. Must have or be working toward a nationally accredited training certification.
2. Must have or be working toward a bachelor's degree.
3. Ability to project energy and motivate others.
4. High school or college athlete preferred.
5. Must be physically fit and able to perform athletics movements.
6. Must enjoy working with children on an individual and group basis.
7. Professional image and rapport building skills.
8. Possess good time management and organizational skills.
9. Aggressive in pursuit of business and personal advancement.
10. Motivated toward continued personal development.