



Indiana University of Pennsylvania Strength and Conditioning Internship

Indiana University of PA is currently looking for **Spring '25 Intern** Strength and Conditioning Coaches.

The daily responsibilities will include but are not limited to:

- Assist in all aspects of the daily functions of the S&C program for 19 DII Teams including football
- Attending to the daily maintenance of the training facilities
- Data input and upkeep
- Learn to lead warm up, training sessions, recovery sessions, etc.
- Weekly professional development – program design and job acquisition skills
- Any other tasks assigned by the Head Strength and Conditioning Coach

Interns will gain hands on coaching experience in a collegiate setting, education in program design and application and have the potential to earn future recommendations for career opportunities. The chosen candidate can complete the hours required for the CSCCa – SCCC exam under the mentorship of the Head Strength Coach.

Minimum Qualifications:

- Strong work ethic, punctuality, enthusiasm, and effective communication skills
- Desire to become a strength and conditioning coach

Preferred Qualifications:

- Pursuing or attained bachelor's /master's degree
- Certifications: CSCS, USAW, etc.
- Previous coaching experience in a collegiate, professional, high school or private sector setting
- Competitive collegiate athletic involvement

The Internship will run from January 6, 2025, through May 9, 2025.

This is an unpaid position. It is strongly advised that all potential candidates make sure that this internship is economically feasible before applying. Individuals chosen for the position are subject to university background checks. To apply all candidates should send an email labeled "Internship" with a cover letter, resume, and three professional references in one PDF or Word document attached to Head Strength and Conditioning Coach Robert Day at RDay@IUP.edu. **Review of applicants will begin immediately; the deadline is December 15th.**

Check the IUP S&C webpage for more information on the program as well as the previous coaches who have worked under Coach Day. IUP Strength & Conditioning - Indiana University of Pennsylvania Athletics (iupathletics.com)