SSWSC FunFit and Active Steamboat Kids Interns

Description: Be an active SSWSC coaching member by participating in our internship program for FunFit and/or Active Steamboat Kids (ASK). Sessions include 8-13 year-old athletes from all SSWSC disciplines, and covers activities such as movement awareness, body & strength, agility, balance, fun core routines, as well as outdoor adventure activities and games.

Minimum qualifications: Going into sophomore year in high school this fall, and at least one year of an SSWSC program where you have been training in the SSWSC gym with your team mates. Interns should express a desire to work with younger athletes, be comfortable giving and receiving direction and instruction, be creative, engaged with younger athletes, outgoing, and show up early for setup & session plan review with the head coach.

Compensation: Compensation for working as a FunFit and/or ASK intern is dependent on experience level, but most likely will be an hourly rate applied either toward SSWSC work deposit hours or a summer strength pass.

Interns often run warm-up sessions and are valuable assistants throughout the entire session as a "hands-on" coach, demonstration athlete, and role model/motivator. In addition, they are often asked to work just ahead or behind the current activity, to set up or put away equipment, keeping the flow going and the engagement level high.

FunFit and ASK interns will learn about how to manage groups, communicate effectively with younger athletes and coach age specific drills and movements. Many good athletes find that they improve their own skills by learning to teach others.

What to expect:

Programs last for 9 weeks, beginning the week of Monday, June 19, and ending the week of Monday, August 14. The FunFit session schedule is as follows:

Monday, Wednesday & Friday: 10:30am-11:30am & 11:30am-12:30pm
Tuesday & Thursday: 12:30pm-1:30pm & 1:30pm-2:30pm

Active Steamboat Kids schedule is as follows:

Tuesdays 11:00am-12:30pm and Wednesdays 1:00-2:30pm (no sessions on 4th of July week)

We are looking for a different intern for each day of the week, each committing to the above two hour block for FunFit, or for ASK. Applications are made by emailing David Zink, dzink@sswsc.org and responding to the following questions:

- Name, grade in school next fall
- First and second choice of day of the week available to work as a FunFit or ASK Intern
- Your experience in the SSWSC gym
- A brief paragraph describing why you would like to be a FunFit and/or ASK Intern this summer