Internship Program Description

CATZ Sports San Antonio offers a "hands-on" internship experience for undergraduate and graduate students in any of the exercise/athletic related fields: athletic training, strength & conditioning, physical therapy, kinesiology, biomechanics, exercise physiology, health and wellness and sports marketing and other related fields.

CATZ is a recognized leader in sports performance enhancement programs, tailored to elementary, middle school, high school, collegiate and professional athletes. Successful candidates gain valuable coaching experience, exposure to advanced training theory, methodology and application, all while working with many different levels of athletes. Students learn a comprehensive approach on how to systematically integrate each aspect of performance enhancement training: speed, strength, power, stamina, agility, regeneration, injury prevention and rehabilitation.

Qualifications

CATZ Sports San Antonio is searching for potential candidates who are highly motivated, dependable, possess a strong work ethic, maintain a professional presentation at all times, own excellent communication skills and remain open to feedback in order to insure a beneficial internship experience. Client interaction is a vital aspect of our programming. Computer experience working with Microsoft Office, Adobe and Mac operating systems are also a strong plus. Potential candidates are required to hold a current CPR certification and either possess or working towards professional certification. Preference will be given to those associated with a college or university program majoring in exercise science or related fields, however, other interested candidates will be considered when positions are available.

Internship Responsibilities

include, but are not limited to:

- Assist staff in day-to-day operations of the performance training facility
- Assist coaching staff in warm-up drills, movement mechanics, strength exercises, recovery techniques, flexibility routines, performance testing & evaluation, assessment of body composition and data collection and monitoring of group and individual athlete programs.
- Must remain a professional presentation at all times as interns are acting as a “representative” of the CATZ Sports San Antonio (ie. appearance, conduct, interaction with athletes, family, coaches and agents, effort, etc...).
- Set-up, maintenance, organization and breakdown of any equipment used during training sessions.
- Facility maintenance.
- Completion of assigned project(s) due at specified time.

Positions Available

- Sports Performance Coach Assistant
- Sports Marketing Assistant

To Apply mail or e-mail the following information:
1. Cover letter outlining primary interests and your institution’s specific requirements
2. Resume
3. Two letters of recommendation

Send information to:
CATZ Sports San Antonio (Attn: Internship)
1218 Arion Parkway
San Antonio, TX 78216
e-mail: info.sa@catzsports.com (subject: Internship)
phone: 210.404.9100
fax: 210 447.9547