

## Cressey Performance Internships

An internship at Cressey Performance will present you with the opportunity to experience hands-on, individualized coaching with as many as 80 athletes per day. Each intern will have the chance to coach high school and collegiate athletes, become more familiar with the intricacies of program design, and observe and assist a variety of professional athletes.

### Expectations

- Applicants should be competent teaching dynamic warm-up & flexibility drills
- Demonstrate a knowledge of training techniques
- Be eager to learn and accepting of constructive criticism
- Must be comfortable interacting with clients, parents, etc.
- Present yourself in a manner that will reinforce your status as a role model for impressionable young athletes

### Internship Schedule

Cressey Performance internships are scheduled according to academic semesters and summer vacation. Interns are expected to work a minimum of fifteen hours per week throughout the duration of their program.

- **Semester 1:** September 1 to December 23 (3 Positions) App. Deadline: 5/1
- **Semester 2:** January 21 to May 10 (3 Positions) App. Deadline: 9/1
- **Summer:** June 1 to August 30 (3 Positions) App. Deadline: 2/1

If you are interested in any of these internship positions, please completely fill out the information requested below and send the application and copy of your resume to

#### **Cressey Performance, LLC.**

577 Main Street, Suite 150

Hudson, MA 01749

Attn: Pete Dupuis

Phone # (978) 212-2688

# Cressey Performance Internship Application

1. Applicant Name: \_\_\_\_\_

2. Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Telephone: \_\_\_\_\_

4. Email Address: \_\_\_\_\_

5. Current or Most Recent Academic Institution Attended:  
\_\_\_\_\_

6. Degree Received / To Be Received:  
\_\_\_\_\_

7. Academic Status (circle/highlight one)

- Freshman
- Sophomore
- Junior
- Senior
- Graduate Student
- Undergraduate Degree
- Graduate Degree

8. Please provide both an academic and professional reference

Academic Reference Name: \_\_\_\_\_  
Academic Institution Affiliation: \_\_\_\_\_  
How do you know one another: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Email Address (optional): \_\_\_\_\_

Professional Reference Name: \_\_\_\_\_  
Place of Employment: \_\_\_\_\_  
How do you know one another: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Email Address (optional): \_\_\_\_\_

8. Internship Requested (circle/highlight one)

- **Semester 1:** September 1 to December 23 (3 Positions)
- **Semester 2:** January 5 to May 10 (3 Positions)
- **Summer:** June 1 to August 30 (3 Positions)

9. Using a separate document, in 500 words or less, please explain why you are a qualified applicant for an internship at Cressey Performance. Please articulate how your contribution would be unique in relation to other applicants and describe specifically what you would like to take away from the overall experience.