

COLORADO EAGLES

Strength & Conditioning/Sports Science Intern

Job Overview: Colorado Eagles Hockey Team, the AHL affiliate of the Colorado Avalanche is seeking a highly motivated Strength & Conditioning/Sports Science Intern to join our team for a 10-month term (August/September – May/June). This is a unique opportunity to gain valuable experience in a professional sports environment for candidates interested in working in professional sports.

Term: Approximately 10 months (August/September – May/June)

Location: Blue Arena, Loveland Colorado

Compensation: \$2500 Monthly living stipend. Per Diem when traveling

Responsibilities & Duties:

- Manage & Oversee team lift & weight room sessions as directed by head strength coach and assist head strength coach in managing weight room sessions
- Ensure training principles are upheld as directed by AT & S&C
- Assist in programming duties for ECHL Utah Grizzlies
- Work with medical & coaching staff in implementing return to play protocols
 - Non travel – stay home with injured and non travel athletes to provide quality training sessions and coaching
- Assist in athlete pre-season and in-season testing including
 - Force Plate, First Beat Heart Rate System, Catapult, Body Comp, FMS and other player development KPIs
- Assist in running FirstBeat Heart Rate monitoring software for both on & off ice sessions
- Load Catapult units into shoulder pads for players, remove and download data from Catapult post activity/end of day
- Maintain Eagles weight room equipment & cleanliness
- Maintain visiting team equipment, cleanliness, set up and breakdown at Blue Arena
- Maintain inventory & clean heart rate monitors
- Maintain inventory checklist of supplements, Honey Stinger, Protein and other consumables.
- Support in set up/break down of team meals
- Assist & support team services and coaching staff in any capacity requested
- Liaise with visiting teams during Eagles home games at Blue Arena
- Support Strength & AT staff in set up of bench and locker room for games
- Support Development Camp, Rookie Camp, Training Camp as directed by Eagles and Avalanche staff

Qualifications:

- Team Player, ability to work in a team environment and in a professional sports locker room.
- First Aid, CPR & AED
- Desire to work in professional sports environment and develop skills for a career in the field
- Must either possess or be actively working towards a CSCS, SCCC or similar certification from NSCA or an accredited body
- Willingness to learn and grow in the position to develop requisite skill sets to be successful in the industry.
- Proficient in Microsoft Excel
- Valid Drivers License

Apply: Interested Candidates should send a resume and brief cover letter that outlines why they would be a good candidate for the position to Bobby Lucas at Bobby.Lucas@coloradoavalanche.com

Candidates will be reviewed on a rolling basis until the position is filled.