Axis Sport Performance, a 9,000 square foot training facility located in Columbia, Maryland, specializes in speed, agility, strength, and conditioning training for youth, middle school, high school, and college athletes. Axis offers internships on a semester-long basis. These positions are voluntary, with no benefits or monetary compensation provided. Every effort will be made to assist the intern with meeting internship requirements.

Duties include assisting with all aspects of Axis’ daily operations, including warm ups, speed and agility training, strength training, conditioning, athlete evaluations, facility maintenance, and office work. Specific responsibilities, such as leading groups and writing programs, will be based on education, experience, and initiative. Interns will participate in a comprehensive curriculum designed to teach basic coaching techniques, programming principles, and business and marketing strategies. Successful candidates will be required to schedule and maintain a minimum of 20 hours each week and will report directly to the Director of Strength and Conditioning.

This internship is designed to expose individuals to the field of strength and conditioning and prepare them for the next step, whether a full time job or graduate assistantship.

**Qualifications**
Required: Ideal candidates should possess a strong work ethic and desire to become a strength & conditioning professional. Candidates should possess or be working toward a bachelor's degree in kinesiology or a related field at an accredited college/university.

Preferred: CSCS or USAW certification, competitive experience as an athlete, lifter, or strength coach/personal trainer

**How to Apply**
To apply for an internship, please provide a cover letter, resume, and three professional references to:

Matt McManus  
Director- Axis Sport Performance  
9030 Rt. 108, Columbia, Md. 21045  
Matt@axissport.com  
410-715-3700  
www.axisport.com