Student / Post Graduate Internship Program Summer 2013

Internships for those who would like to pursue a career in Strength & Conditioning or Personal Training, are currently available during the summer 2013 term through The Rock Solid Fitness LLC.

The Rock Solid Fitness LLC facilitates education by providing opportunities for interns to specialize in their area of interest (exercise physiology, marketing, entrepreneurship, personal training, athletic training etc.), which allows interns to acquire hands-on experience developing them to become well prepared, experienced and qualified young professionals.

Interns partnering with The Rock Solid Fitness LLC will have the opportunity to
- Work with clients who are low, medium and high risk for CAD
- Train athletes of varying age categories
- Draft exercise-oriented newsletters for public distribution
- Create periodized exercise programs for clients based on current ACSM, and CSCS guidelines
- Implement approved program designs of the intern’s creation
- Assist in social-media marketing
- Assist at camps, health/wellness programs and speaking engagements

Interns will report to the CEO of The Rock Solid Fitness LLC and will be responsible for assisting in the day to day operations of The Rock Solid Fitness LLC both on and off-site. The possibility of employment may be available at the conclusion of this internship. It is important to note that the level of initiative set forth by interns will determine the overall learning experience.

Application Process: Students may submit their resume/cover letter to Micailah Brock.

Contact Information
Micailah Brock
CEO
PO Box 3627
Baltimore, MD, 21214
(443) 692-7644
Micailah@TheRockSolidFitness.com
www.TheRockSolidFitness.com