



Human Performance Intern Job Description

Overview:

Provide human performance support to various athletic programs within Ski & Snowboard Club Vail (SSCV) by performing all job responsibilities to the highest professional standard while exhibiting exemplary ethical and moral values while serving as a role model to youth athletes.

Objectives of Position:

- Provide support to the SSCV Human Performance (HP) staff, SSCV programs, athletes and coaching staff

Monitor athlete performance and progress, while working in conjunction with the HP staff to alter workouts as needed

- Proactively communicate schedule changes with affected teams and update HP staff accordingly
- Provide excellent customer service to meet the needs of athletes and coaches
- Set-up and clean-up of training sessions
- Assisting coaches in related conditioning or HP tasks
- Facility care and cleaning, as needed
- Adherence to all safety and infectious disease protocols
- Attend weekly staff meetings, and other meetings as scheduled
- Other duties as assigned

Mandatory Knowledge and Skills:

- 2-5 years of previous work experience in a fitness setting is preferred

Strong organizational skills

- Superior work ethic
- Professional manner including trustworthiness, discretion, confidentiality and a positive demeanor
- Reliable and willing to adapt to a changing environment
- Detailed oriented, a passion for accuracy and follow through with tasks
- Attentive to the needs of the athletes & coaches and timely in communications

- Adhere to policies related to working within SSCV or the Minturn Fitness Center (MFC)

Other Desirable Skills/ Qualifications:

- Exercise Science major (or related field of study) in either junior or senior year
- Previous experience in fitness or health & wellness
- Flexible work schedule
- Current First Aid certification
- Studying for CSCS

Benefits:

- Gym membership at Minturn Fitness Center
- Access to ATC support and guidance, via The Steadman Clinic
- Flexible hours
- Possible visit to US Ski & Snowboard Center of Excellence in Park City, UT
- Receive college credit, as applicable

Schedule:

- May-August, 2021
- Monday-Friday, 8AM-5PM