



NLP Performance Specialist Internship

Limited internship opportunities are available, advanced application is recommended.

General Overview

An internship at NLP will give you the experience and expertise in how to apply exercise science in real life, critical situations. NLP Performance Specialist interns will apply their knowledge in a fast pace and exciting environment at the NLP Performance Training Center in Manchester, New Hampshire's first strength & conditioning facility. Participants will be working with athletes and everyday populations in a controlled group environment in a 10,000sf performance training center. Our facility is not a commercial gym.

NLP interns learn how to work with group sizes ranging from: 1-3 clients, 4-8 clients, 8-16 clients and 16-30+ clients. Each group size requires similar but distinctively different coaching styles that can only be developed with experience and feedback from existing NLP staff. This is truly the type of experience that will help you be successful in the strength & conditioning and fitness industries.

Internships may be tailored to specific program requirements. Interns must consistently contribute a minimum of 10-15 hours/week. Hours may be set up according to program requirements. Generally, interns are required to work between 120-180 total hours to be accepted into the NLP internship program.

Each intern will receive comprehensive training on coaching techniques, program administration, and program design. Interns receive a 160-page coaching manual with instructional staff training videos on how to perform every aspect of the Elite Athlete Development Program. Simply put you will leave the internship knowing much, much more than those who have not been part of NLP! Interns are responsible for weekly assignments and progressive learning. This is an intense program meant for those who wish to be the very best strength and conditioning coaches in the industry.

Fall/Winter Internship: September 1st to December 20th (2 Positions). Application Deadline: August 1st

Winter/Spring Internship: January 10th to June 15th (2 Positions). Application Deadline November 15th

Summer Internship: June 10th-August 20th (6 Positions). Application Deadline April 25th

Job Description:

Interns may receive course credit for working at the NLP Elite Athlete Development Program through their accredited institution. Interns gain hands on, practical experience working with other strength and conditioning professionals, coaching athletes, as well as various training ideas and principles.

Internship Character Skills You Are Expected to Possess:

- Able to have an open mind and accept constructive feedback
- Humility, genuine passion for the strength & conditioning industry, high work ethic, initiative and can-do attitude
- Active and open communication, coaching, and leadership skills
- Efficient communication for customer service and employee interaction
- Time management in concert with fellow staff members when administering workouts
- Ability to critically think and make smart decisions that fall within the training and program guidelines
- Business Networking
- Be a leader capable of inspiring others to improve through strength and conditioning

Coaching Skills Learned:

- Individual and group coaching
- Warm-up/Cool down/stretching
- Linear & Lateral Speed & Agility Mechanics
- Core and Olympic Lifts , Auxiliary lifts (BW, Dumbbell, Barbell, etc.)
- General Conditioning Training
- Stretching and recovery techniques
- Abdominals/Core strength training
- Movement-Based Med ball work
- Plyometrics
- Adequate Work to Rest Ratios
- Injury prevention, Hydration, Nutrition
- General counseling
- Testing & Assessment including vertical & linear jumps, muscular endurance, sprint timing, agility, and cardiovascular endurance both anaerobic and aerobic, and more
- Program design that is reverse-engineered and scalable to all fitness levels
- Equipment maintenance and set up/pick up
- Understand exercise progressions

Minimum requirements for acceptance:

- Currently completing bachelors degree or higher in exercise science related field
- Minimum college curriculum completed of exercise science, anatomy & physiology, and kinesiology
- Prefer former experience as a high school athlete or current collegiate athlete
- Minimum 3.2 /4.0 GPA
- Prefer experience working in an athletic environment as a coach
- CPR and/or AED certification
- 6-10 hour long days between 730AM to 7PM
- Accredited institution approval if enrolled in school. Current professionals please directly contact NLP.
- Minimum of 20 hours/week.
- Submit a full resume & cover letter explaining why you wish to be an intern with NLP along with what you hope to learn, and completed NLP Performance Specialist Application form (included in this description)
- Mandatory interview. If you are not within driving distance a phone interview may be offered.

Compensation:

Summer interns working 40 hours/week for 10 weeks will receive a \$1,000 stipend for successful completion of the program. Other career advantages available and will be discussed during the interview.

Visit <http://nlpspeed.com> to learn more about our various programs.



NLP PERFORMANCE SPECIALIST INTERNSHIP APPLICATION

NLP is an equal opportunity employer and does not condone discrimination based on age, gender, disability, or any other demographical variable.

Date: _____ **PLEASE PRINT CLEARLY**

Applicant's Name First _____ *Last* _____

Address: _____ *City* _____ *State* _____ *Zip* _____

Phone: _____ *Email:* _____

Do You Require Any Special Devices or Accommodations As Part of Internship? YES NO

IF YES, please specify: _____

Most Recent Job Title: _____ *Company You Work(ed) For:* _____

Primary Job Responsibilities: _____

SCHOOL: _____ *CLASS STANDING:* _____

GPA/SCALE: _____ *ARE YOU RECEIVING SCHOOL CREDIT?* YES NO

Have you ever been convicted of a crime other than a minor traffic violation? YES NO

If YES, please explain: _____

All NLP Interns are expected to contribute a minimum of 10 hours/week for at least 120 hours total. NLP does offer a degree of schedule flexibility. NLP wishes to help all interns gain new, practical knowledge of the Strength & Conditioning Field.

On a separate paper, please supply the following:

1. Your background in the health & fitness field, including experience, populations you have worked with, and what you currently do for employment.
2. Please briefly describe why you wish to be an intern at NLP.

Please list three professional references:

Name: _____ Title: _____
Phone Number: _____ Email: _____

Name: _____ Title: _____
Phone Number: _____ Email: _____

Name: _____ Title: _____
Phone Number: _____ Email: _____

ALL APPLICATIONS MUST INCLUDE THE FOLLOWING:

1. Response to the questions above on a separate page (Described previously)
2. Complete Resume
3. Cover Letter explaining the reasons why you are interested in an NLP internship
4. Photocopy of current CPR certification (with AED preferred)
5. Proof of professional liability insurance (paid for by the applicant or host institution).

INCOMPLETE APPLICATIONS WILL NOT BE REVIEWED.

I _____ (print name), on _____, 20____ hereby declare that all information contained on this application for internship with Next Level Performance, LLC to be accurate on the date of application and to the best of my knowledge. I further agree that if it is found that the information contained on this application is not truthful during the review period of my application that my internship with Next Level Performance LLC shall be terminated immediately without any right for any form of severance or compensation. I also understand that failure to accurately complete this application may invalidate my internship and prevent me from receiving academic credit at my host institution.

Applicant's Signature: _____ Date: _____

Return To:
NLP LLC
816 Elm St #311
Manchester, NH 03101

You may also scan and email this for an expedited response to Bergeron@nlpstrength.com.

OFFICIAL OFFICE USE ONLY

DATE RECEIVED: _____ DATE REVIEWED: _____

REVIEWED BY: _____ Title: _____

ACTION FOR FOLLOW UP: APPROVE DENY