



Our Mission: to help every athlete reach his or her full athletic potential, regardless of age, gender, limitation, sport, or natural ability.

PERFORMANCE EXTERN

Michael Johnson Performance is dedicated to helping athletes reach their full potential. If you possess a similar passion for athletic performance training, then we encourage you to pursue an externship with us. MJP offers positions during every season, and while these positions are not paid, they offer an opportunity to learn from a company with renowned experience and a global reputation. This 12-week in-depth program offer a more advanced approach and provide guided practice in order to advance your skills as a professional in the performance enhancement industry. You'll walk away with a gained knowledge on MJP training concepts, methodologies, and instruction with youth & pro athletes.

DUTIES & RESPONSIBILITIES

- Perform daily facility set-up and tear down
- Assist with maintenance of the facility
- Help with towel laundry
- Make and distribute supplements to athletes after each training session
- Lead dynamic warm ups and static stretching for athletes
- Assist with conditioning of athletes
- Support and assist performance coaches with all aspects of training and testing athletes

QUALIFICATIONS

- Bachelor's degree (or in last year earning degree) in Kinesiology, Exercise Physiology or related field
- Competent in human anatomy
- Proficient in MS Office (Word, Excel & PowerPoint)
- Self-motivated, proactive, and an excellent communicator
- Passionate about helping athletes of all abilities reach their full athletic potential

DURATION & HOURS

- 12 weeks, 400+ hours
- Monday through Friday, and select Saturdays

START DATES

- First week of January (ends in March)
- Last week of May (ends in August)
- Second week of September (ends in December)

APPLICATION

- Resume
- Cover Letter - Tell us about your background and the experience you have had thus far in the human performance setting. Needs to include what your goals would be during the externship at MJP.
- Video - Needs to showcase you coaching or interacting with an athlete, client and/or patient. This could be as simple as you teaching somebody how to perform a push-up properly or as detailed as the instruction of an Olympic lift.

All components of the application (resume, cover letter & video) are due no later than 3 weeks prior to internship start date.