



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

PERFORMANCE INTERN

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 internship 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 program is designed to provide practical experience for beginners in the field of Performance Enhancement.

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
- Assist with conditioning of athletes
- Support and assist performance coaches with all aspects of training and testing athletes

QUALIFICATIONS

- We are looking for individuals who are self-motivated, proactive, excellent communicators
- Applicants should have an interest in learning about MJP to determine possible career paths in or related to human performance

DURATION & HOURS

- 10 weeks
- 200 hours
- Days of the week will depend on schedule and availability

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 internship 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. This visual component of the application process simply gives us the ability to see how you interact with others and your proficiency to demonstrate and teach.

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