

Week of:	Coach Phase	Lessons	Monday - Thursday
January 2	Learning: Shadowing Head Coach	1. Coaching Philosophies & Performance Testing 2. Intro Programming 3. Intro Movement Progression & Cueing	Lesson/Training: 2:00p (M/T/R) Shadow 4:00p - 9:00p
January 9	Learning: Shadowing Head Coach	4. Strength/Hypertrophy 5. Power Development 6. Speed/Agility	Training: 2:00p Lesson: 3:00p (M/T/R) Shadow 4:00p - 9:00p
January 16	Learning: Shadowing Head Coach	7. Conditioning 8. Sport-Specificity Considerations 9. In vs Off-Season Considerations	Training: 2:00p Lesson: 3:00p (M/T/R) Shadow 4:00p - 9:00p
January 23	Novice: Facilitating as Asst Coach Writing Introductory Programs	10. Teams vs. Individual Considerations 11. Limitations/Injury Considerations 12. Continuation Programming & Progression Considerations	Training: 2:00p Lesson: 3:00p (M/T/R) Shadow 4:00p - 9:00p
January 30	Novice: Facilitating as Asst Coach Writing Introductory Programs	13. General Population Considerations 14. Nutrition/Recovery 15. Business & Professional Development	Training: 2:00p Lesson: 3:00p (M/T/R) Shadow 4:00p - 9:00p
February 6	Novice: Facilitating as Asst Coach Writing Introductory Programs	Podcast (3 New Muscle Facts w/ Andy Galpin)	Training: 2:00p Discussion: 3:00p (Mon) Coaching: 4:00p - 9:00p
February 13	Intermediate: Leading as Head Coach Writing Continuing Programs	Podcast (Hypertrophy w/ Brad Schoenfeld)	Training: 2:00p Discussion: 3:00p (Mon) Coaching: 4:00p - 9:00p
February 20	Intermediate: Leading as Head Coach Writing Continuing Programs	Podcast (Muscle Fibre Training w/ Andy Galpin)	Training: 2:00p Discussion: 3:00p (Mon) Coaching: 4:00p - 9:00p
February 27	Intermediate: Leading as Head Coach Writing Continuing Programs	Podcast (Fit Biz Lowdown w/ Eric Cressey)	Training: 2:00p Discussion: 3:00p (Mon) Coaching: 4:00p - 9:00p
March 6	Intermediate: Leading as Head Coach Writing Continuing Programs	Open Question Time	Training: 2:00p Questions: 3:00p (Mon) Coaching: 4:00p - 9:00p
March 13	Intermediate: Leading as Head Coach Writing Continuing Programs	Open Question Time	Training: 2:00p Questions: 3:00p (Mon) Coaching: 4:00p - 9:00p
March 20	Intermediate: Leading as Head Coach Writing Continuing Programs	Feedback and Discussion	Training: 2:00p Feedback: 3:00p (Mon) Coaching: 4:00p - 9:00p

INTERN EXPECTATIONS:

- You will arrive 10 minutes prior to your day beginning to get set up properly.
- You will be dressed appropriately for our dress code:
  - Training: anything that is comfortable and reasonable.
  - Coaching: Pants & Khaos top (t-shirt or hoodie).
- You will maintain a professional relationship with all staff and clients.
- You will aid in cleaning/organizing equipment & training space each day.
- You understand that this is an unpaid internship.

You will be expected to complete/facilitate (assignments/tasks):

1. Warmup protocol for training sessions.
2. 4 week intro programming & 8 week continuous programming for yourself.
3. Program for a new/early stage athlete & facilitate 1on1 coaching with that athlete.
4. Aid in facilitating and cueing during team & athlete development sessions.
5. Come with quality questions/inquiries about gaps in understanding, areas of interest, etc. each week.

Understand that the supervisor can restrict/cancel working with the intern if the supervisor deems the intern not to be:

- Adding value to the program.
- Engaged and driven to learn.
- Maintaining professional relationships.
- Participating in acceptable attire/conditions.
- Being punctual & diligent on timelines.

*By signing below you acknowledge the expectations, schedule, and rules of engagement with the Internship Program laid out above:*

*Date:*

*Participant Name:*

*Participant Signature:*

*Director:*

*Director Signature:*