



EMPOWERING INTERNS TO SUCCEED

University of Iowa Olympic Sports
Strength & Conditioning

Bill Maxwell

Gabriela Quiggle

Lindsay Dinkelman

Landon Evans

Zach Walrod™



CULTURE

- Each person has value and must work daily to improve
- Committed to the education process in all aspects
- Accountability for everyone involved with the intern development process

Why? How? What?

Why – We desire to see each person reach their best self.

How – Process of exercise progression, education meetings, resume/cover letter writing, portfolio development, mock interviews, placement and support in their new roles.

What – Great Intern Program where people move forward with a helping spirit and a desire to make positive impact in the world.

Recruiting



- Free websites and our website
www.hawkeystrength.com
- Review of cover, letter and references
Must be CPR/AED/First Aid Certified
- Social Media Etiquette
- Phone/Skype Interview

Teaching Progressions



- 4 Exercise Progressions in a semester
 - Squat
 - Power Clean
 - Jerk
 - Snatch
- Intern develops their own progression through research
- Intern meets with staff member for check off
- Intern performs 15 minute teaching session with assigned staff member
- Final step is teaching fellow interns in 15 minutes to be critiqued by the 5 full-time staff members – session is video recorded

Education Meetings

- Training Theory
- Gymaware
- Omegawave
- Energy System Development
- Jump Training
- Microsoft Excel

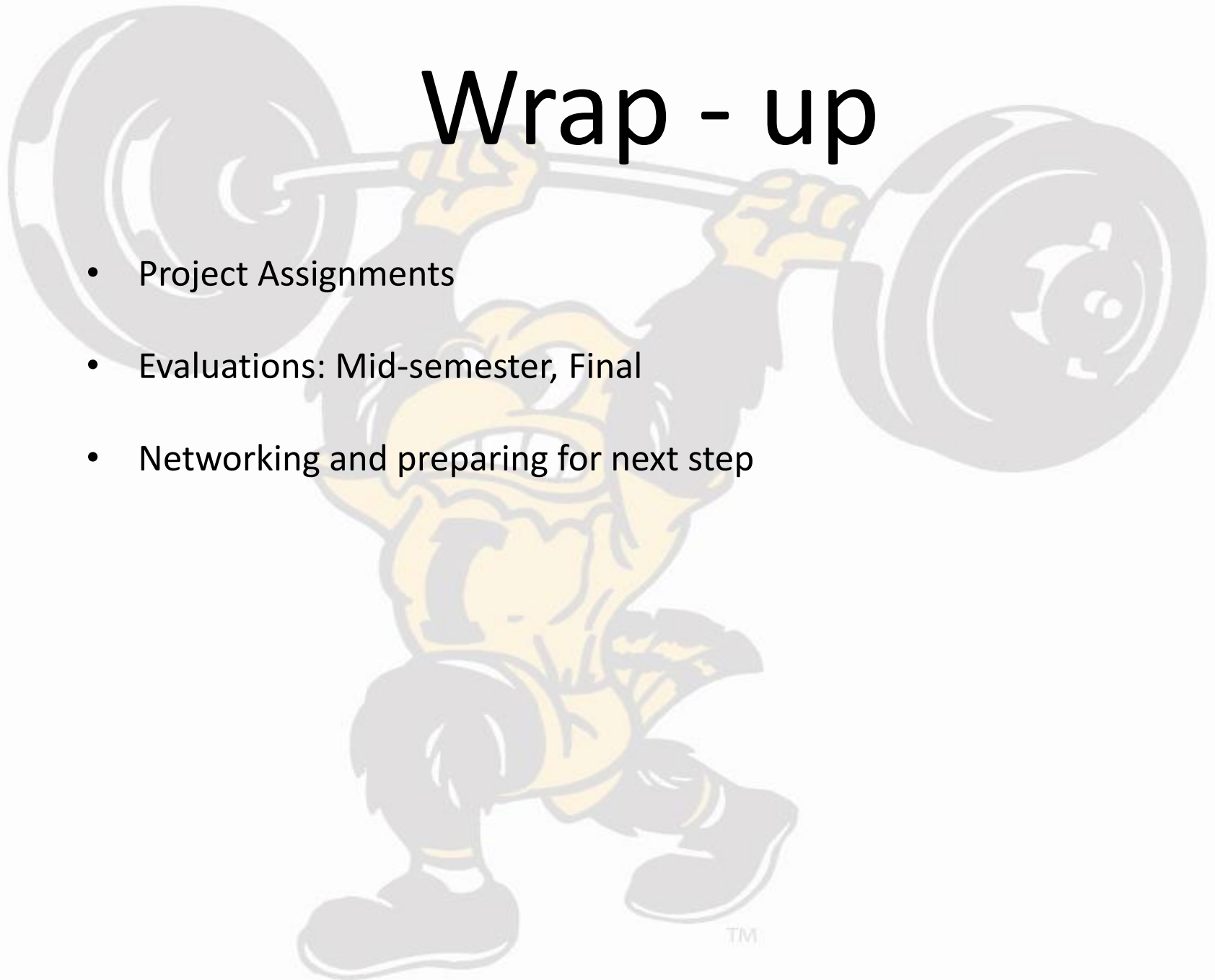


Interview Preparation

- Develop Cover Letter, Resume and Reference List
- Build Portfolio
- Proper Job Search
- Mock Interviews

Wrap - up

- Project Assignments
- Evaluations: Mid-semester, Final
- Networking and preparing for next step



Testimony - Former Intern

Bryant Ferate, SCCC
Graduate Assistant
University of Texas at Arlington

