



# ST. JOHN'S PREP

## Strength and Conditioning Intern

### About St. John's Prep

St. John's Prep is an inclusive, Catholic, Xaverian Brothers Sponsored School for young men in grades 6 through 12. Founded on the Xaverian values of compassion, humility, simplicity, trust, and zeal, we educate students to be, do and stand for good in the world. We enroll approximately 1,500 students from more than 90 communities in Massachusetts, New Hampshire, and Maine.

### Position Overview and Responsibilities

Our internship curriculum is a comprehensive, semester-long program that consists of education sessions encompassing discussions, projects, and hands-on coaching experience. The education topics include assessments, performance testing, rehabilitation, coaching philosophy, exercise technique, linear and lateral speed, Olympic lifting, and explosive training techniques as well as plyometrics and in-season and off-season conditioning. The strength and conditioning internship also prepares the student to work collaboratively with members of the athletics and wellness staff, including athletic trainers. In addition to working directly with athletics, the intern will assist strength and conditioning staff with the development and implementation of various wellness initiatives targeting other members of the school community.

### Internship dates:

September 11, 2023 – December 7, 2023

### Physical Requirements:

- Standing/sitting for long periods of time.
- Bending, lifting, pushing, kneeling, crouching, crawling, stooping.
- Must be able to lift up to 50 pounds.
- Must be able to reach at and above shoulder height to access higher areas of equipment, etc.
- Must be capable of adapting to frequent changes in position throughout the workday.
- Hearing and speaking to exchange information in person or on the telephone.
- Use of hands and fingers for manipulation, and using computer keyboard, educational tools, play equipment, and perform first aid and CPR.

- Specific vision abilities required include close vision, distance vision, color vision, and depth perception.

St. John's Prep is committed to building a diverse and inclusive campus community. We welcome applications from underrepresented groups. We seek applicants who demonstrate a commitment to multiculturalism and diversity that is manifested in classroom practice, student engagement, interpersonal communication, and curricular decisions. For more information about our academic, spiritual and student life programs, please visit [www.stjohnsprep.org](http://www.stjohnsprep.org).

Interested candidates are asked to apply via the online [Application for Employment](#) found on the Employment page of [stjohnsprep.org](http://stjohnsprep.org). Please, no phone calls.

*Posted September 2023*