

**Title: INTERN PERFORMANCE COACH WITH BARTON PERFORMANCE BY ALTIS  
Supported by U.S. Ski and Snowboard**

**REPORTS TO: ALTIS Sport Performance Director**

**LOCATION: Barton Center for Orthopedics and Wellness, South Lake Tahoe, CA, 96150**

**START DATE: September 2019**

**LENGTH: 12 months**

**COMPENSATION: \$1250 per Calendar Month**

**HOURS OF WORK: Hours required will vary and will include early mornings, some evenings and some weekends. On occasion travel may be involved to Park City, Phoenix and to other High Performance Centers.**

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The collaboration between **Barton Health** and **ALTIS**, combines the medical expertise and wellness philosophy of Barton Health and the world class training experience of ALTIS. Barton Performance by ALTIS, alongside Wellness, Orthopedics and Rehabilitation is one of the four pillars of the new Barton Center for Orthopedics and Wellness. The new Center is also a certified Center of Excellence for **U.S. Ski and Snowboard**, the National Governing Body for Olympic Skiing and Snowboarding. It is the parent organization for the U.S. Ski Team, U.S. Snowboarding, and U.S. Freeskiing. The staff expertise shared between Barton Health, U.S. Ski and Snowboard Sport Science Department, and ALTIS in the preparation of athletes is one reason that makes this a rare internship opportunity.

## **OVERVIEW**

The Lake Tahoe Basin offers a unique lifestyle with an array of winter and summer activities. South Lake Tahoe is a Californian mountain town and area, and **Barton Performance by ALTIS** serves a broad demographic. From youth athletes to seniors who may be training to enhance recovery, preparing for their next personal best or reaching the podium. This spectrum of exposure and hands on experience is another reason why this is a rare internship.

Combined with the compensation being offered and the added-value of education provided by U.S. Ski and Snowboard and ALTIS, this is truly a unique internship opportunity. The ability to bridge the gap between theoretical knowledge and practical application will present a real-world scenario unlike any other.

## EXPECTATIONS, ROLES AND OPPORTUNITIES

As a full-time paid intern of ALTIS, supported by U.S. Ski and Snowboard, this is not a 'stand in the corner' or a 'set up and clean up' environment. The coach will be fully immersed in the culture and operations at the Center for Orthopedics and Wellness, and will be exposed to the staff and culture at ALTIS and U.S. Ski and Snowboard. This is an interdisciplinary working environment, with rigorous medical standards, integrating orthopedic, therapy, wellness and performance services.

## PRIMARY OPPORTUNITIES:

The successful intern coach will be engaged in duties including, and not limited to:

- Participation in an internship curriculum including both onsite and digital education with the High Performance Coordinator and Park City based interns from U.S. Ski and Snowboard.
- Participation in the ALTIS Foundation Course, the Barton Performance by ALTIS staff development program, and integration with the Phoenix-based ALTIS interns.
- Research, publication, or a project output required as agreed with the ALTIS Sport Performance Director and the U.S. Ski and Snowboard High Performance Coordinator.
- Programming, coaching and support in delivering the philosophy and methodology to general population, rehabilitating, youth and elite athletes and clients.
- Assessment of participants using an array of appropriate methods including 'orthopedic', 'functional' and 'observational skills.
- Assessment of participants using sport science technology and protocols.
- Implementation of Barton Performance by ALTIS training systems and processes as they relate to the on-site, online and ongoing delivery of programs, education and administration.
- The successful intern will also serve the mission and values of Barton Health and demonstrate 'consistently exceptional care' towards clients and colleagues.
- Deliver individual and group strength and conditioning sessions to performance athletes across a range of sports, age groups and in a variety of training environments
- Provide appropriate supervision to all clients, including rehabilitation, within the center or off-site where appropriate.
- Working with other team members ensuring consistency of practice and high professional standards by engaging in critical and case study reviews.

## **SECONDARY OPPORTUNITIES – Administration, Promotion and Development (at least two from below)**

- Learn skills in operational and client administration in a retail setting. Gain Experience in retail and programming systems, other apps or wearable technology.
- Provide educational training
- Experience in delivering high quality social media content
- Experience and skills in acquisition and retention of memberships
- Project and event management experience
- The intern may wish to explore other areas such as physical therapy, nutrition, personal training or mental performance and make a contribution to the inter-disciplinary service delivery at the center.
- Undertake other ongoing monitoring of industry innovations, and engage the team in appropriate information dissemination.
- Activities, that may from time to time, be necessary or required as provided by the Performance Director

Roles and responsibilities may be changed or prioritized at any time as required by Sport Performance Director normally, but not limited to, feedback and actions arising from reporting or review processes.

## **PREFERRED SKILLS, EXPERIENCE AND QUALIFICATIONS:**

### **QUALIFICATIONS**

- Degree level in sport science, sports medicine or related area
- May have completed or be enrolled in a higher degree level (or equivalent) specializing in the area of physical preparation of athletes or healthy populations.
- Acquiring or holds a nationally recognized Accreditation / Certification in physical preparation and additional professional development courses e.g. NSCA - CSCS, CSCCA - SCCC, EXOS Perf Spec., NASM PT / CES / PES; USAW.
- May possess a Sport Coaching Qualification
- Currently holds Certifications in CPR, First Aid and AED
- Must be eligible to work in the U.S.A at time of application

## **PROPOSED STRUCTURE AND SCHEDULE (Subject to change)**

- September 2019 - On-boarding phase Barton Performance by ALTIS. Begin ALTIS Foundations Digital Course
- October travel and support to U.S Ski and Snowboard High Performance Center. Complete ALTIS Foundations

- November - Begin to assess and coach clients. Project 1 commencement. Start ALTIS Performance Therapy Course
- December Break Dec 20th 2019 - Jan 3rd 2020
- Jan - March Operating as Performance Coach. Project 2 commencement. Complete ALTIS Performance Therapy Course
- April - Intern travel to Park City. Optional ALTIS digital course. Complete Project 2
- May - August Camps and Events hosted in South Lake Tahoe. Start and complete project 3
- Complete by End August 2020

### **PERSONAL SKILLS AND ATTRIBUTES**

- Proficiency in a range of strength and conditioning techniques
- Display a consistently engaging and positive approach to clients and staff
- Work in a collaborative and integrated manner with the appropriate Barton Health service providers
- Ability to work under pressure
- Flexible working hours (40 +) including early mornings, evenings and weekends.
- Self-motivated

### **APPLICATION PROCESS:**

**The application window closes at 5PM PST on Monday July 21st.**

**Application must include a 1-page resume (PDF only) and 2-minute video submission.**

**The 2-minute video submission should address:**

- 1. What excites you about this internship opportunity?**
- 2. What qualities and skills do you bring to the table?**
- 3. Tell us an interesting fact about yourself**

**Please email your resume and a direct link from Dropbox to your application video to: [n.ward@altis.world](mailto:n.ward@altis.world)**

**If you have any questions regards the process please email Nick Ward, ALTIS Sports Performance Director on the email above.**