**NAME OF INTERNSHIP SITE:** St. Bernards Sports Training

**LOCATION:** St. Bernards Health and Wellness

**DESCRIPTION OF RESPONSIBILITIES AND EXPERIENCES:** Intern must be CPR certified before beginning, along with having an exercise background and history with working with younger athletes/kids. Internship will include speed and strength training for athletes ages 6-18 along with some basketball and volleyball team training work. Occasionally, offsite health screenings will be done as well. We work with a wide range of skill and fitness level athletes, so being able to adapt, be innovative, and become a critical thinker is a necessity. Interns will also get the opportunity to work with some Jonesboro SWAT team members during our tactical training times, which is a different demographic than the typical sports athletes with normally work with. The experience here is very hands on and unlike most in this area. If a strength and conditioning program, backed by science, with a fun and inviting atmosphere is where the interns want to be, then look no further than St. Bernards Sports Training in Jonesboro, Arkansas.

**HOW TO APPLY:** Contact supervisor at below contact information

**CONTACT INFORMATION:**

**NAME:** Hunter Saffell

**PHONE NUMBER:** (870) 243-5745

**EMAIL:** hlsaffell@sbrmc.org

**FAX:** N/A

**SITE WEBSITE: http://stbernardswellness.com/sports-training**

**FACULTY NOTES:**