**NAME OF INTERNSHIP SITE:** CrossFit Cathal

**LOCATION:** Paragould, AR

**DESCRIPTION OF RESPONSIBILITIES AND EXPERIENCES:** Develop a basic understanding of the CrossFit training methodology. This program is designed to teach interns how to coach the 9 foundational movements of CrossFit as well as class leadership and time management skills.  Interns will work alongside CrossFit Cathal’s coaches and get hands-on coaching experience. Interns will also be required to understand and discuss the long term health benefits of functional training and sound nutrition.

**HOW TO APPLY:** Interview with Randy Vest

**CONTACT INFORMATION:**

**NAME:** Randy Vest

**PHONE NUMBER:** 501-281-2916

**EMAIL:** randy@crossfitcathal.com

**FAX:** N/A

**SITE WEBSITE:** www.crossfitcathal.com

**FACULTY NOTES:**