

BOYS & GIRLS CLUBS OF CENTRAL MINNESOTA

INTERNSHIP DESCRIPTION

Position Title: Sports and Fitness Internship

Basic Function: The Sports and Fitness Intern is responsible for assisting with the development and delivery of physical education programming. This position reports directly to the Physical Education Coordinator or Program Manager at their assigned location.

Internship Responsibilities:

- Assist with the design of a variety of sports and fitness activities for youth of all ages.
- Encourage and inform youth of proper techniques and attitudes.
- Interact with both staff and youth.
- Promote and stimulate interest and participation in program activities by members.
- Know and use positive youth guidance techniques including, but not limited to, positive role modeling, conflict resolution and positive discipline.
- Maintain a safe environment for all participants
- Responsible for other duties as assigned by direct supervisor.
- Work to achieve the mission of the organization.

Qualifications:

- Preferred sports and fitness education background.
- Ability to work independently and as a team.
- Demonstrates ability to relate well with children in a Boys & Girls Club setting.
- Strong interpersonal and communication skills.
- Ability to work well with youth and families from diverse backgrounds.
- Ability to be flexible.

Program Hours Available:

Year Hours Club: 2 PM to 9 PM Monday-Friday KIDSTOP: 2 PM to 6 PM Monday-Friday
Summer Hours: Club: 12 PM to 6 PM Monday-Friday KIDSTOP: 7 AM to 6 PM Monday-Friday

*Intern schedule will vary depending on site need and intern availability

***A stipend in the amount of \$300 will be allotted to those interns able to complete 300 or more hours during the course of the semester.