



Sports Performance Program - Internship

Arsenal FC of Pittsburgh Sports Performance Internship

Job Description

Arsenal FC is a competitive travel soccer club with a membership of approximately 350 players.

The players are placed in teams and player pools determined by gender and ability levels. We currently have two levels of play: Academy/Premier (competition level) and Classic (recreational plus level).

We are in the process of updating our sports performance program and are seeking an intern or interns to assist in the development and implementation of this program.

The successful candidate will be responsible for leading or assisting the following areas:

Create age specific training plans for all our players

Fall season (8 to 10 weeks)

Winter 1 (6 to 8 weeks)

Winter 2 (6 to 8 weeks)

Spring (10 to 12 weeks)

Summer (8 weeks)

The primary areas of Focus will be Strength, Flexibility, Speed and Agility
Attention will need to be applied to proper Periodization in order to balance between maintenance, recovery and increased volume

Design and lead the session warm up for team training throughout the year Specific Focus on stretching, movement, and activation. Below is an outline of the club calendar. The successful candidate will be scheduled at certain sessions throughout the different seasons.

- **Fall Season**
 - August - November
 - Monday - Friday training, 5:45 - 7:45 PM
 - All training at No Offseason turf facility in Russellton, PA
- **Winter Season**
 - December - February
 - Monday - Friday (2 sessions per night, 5:45 & 7:15 sessions)



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- All training at the club's home indoor facility, The Neighborhood Academy, located in East Liberty
- Spring Season
- March - June
- Monday - Friday training (2 sessions per night, 5:45 - 7:15 & 7:15 - 9:00 PM)
- All training at No Offseason turf facility in Russellton, PA & Shadyside Academy Senior School

The intern will coordinate with Jonathan Velotta (Executive Director), Mark Taylor (Senior Staff Coach), Dave Interthal and Maurice Lucas (Strength and Conditioning Coaches) in early 2021 to put this in place. This will become the template that the players use for all practices and game days.

The mid-term goal would be to coordinate with Haji Muya/Lucas Godinho (Club Videographers) to produce a template video for all players. This will be sent to all coaches and captains to implement.

Serve as a resource to help players manage their body, including injuries, rehabilitation and performance.

The intern will coordinate with Rami Bensasi (Website Manager) to create a Sports Performance page on the website with a space to share articles and a monthly newsletter. The intern will create a zoom meeting facility to "consult" with players during the outdoor season.

Create a comprehensive testing program to measure players power, agility, fitness,

The intern will monitor players' progress throughout their career and help them set performance targets and will coordinate with Brian Haskins (Data Manager) to develop a database/resource for players and coaches. This could be a google document that is accessible and updated after each testing cycle.