



## **ELITE TRAINING SYSTEMS – WINDSOR INTERNSHIP PROGRAM**

Elite Training Systems – Windsor is the newest project under the ETS banner. With 5000 sq ft of training space filled with state-of-the-art equipment and an experienced staff driven to provide an ideal environment, ETS – Windsor is set to become the premier training centre in the area.

### **What we need**

We are currently seeking motivated interns to aid in the facilitation and implementation of our strength and conditioning programs intended for clients, including adult and youth members, as well as athletes of all skill levels.

### **What you get**

‘On the floor’ experience and training from established and proven coaches. The ability to learn from practitioners of different backgrounds including physiotherapists, chiropractors, athletic therapists, strength and conditioning coaches, etc. Hands on use of state-of-the-art equipment and software including Sparta Science, PushPress, TechnoGym, Keiser, Hammer Strength, and more. All of these build invaluable skills to assist in your development as a student, and help you decide on careers paths within the field of kinesiology.

### **What is expected**

Highly motivated individuals that are prepared to assist in the many roles involved in creating an elite training facility. Hours include some early mornings and/or evenings, with various weekends. There will be required readings, some ‘homework’, and physical requirements including lifting elements needed for workouts and exercise demonstrations. Finally, upmost professionalism is expected in all interactions, appearance, discussions, and everything else related to ETS – Windsor.

### **How to apply**

Please submit your resume and a letter of interest to Joey Garland ([jgarland@etswindsor.com](mailto:jgarland@etswindsor.com)) and copy Chad Sutherland ([chads@uwindsor.ca](mailto:chads@uwindsor.ca)) on the submission.