



SEATTLE
GOLF FITNESS

Golf Strength and Conditioning Intern

Golf Strength & Conditioning Intern Employer: Seattle Golf Fitness

Type: Internship

Approved: No (Can apply with faculty)

Compensation: \$17.25 per hour, plus commission – Full Time Position (30 hours/wk)

Seattle Golf Fitness is now accepting applications for a paid golf fitness internship for Summer 2024. Seattle Golf Fitness is the Pacific Northwest's leader in golf fitness coaching, featuring a gym, along with Trackman and GC Hawk golf simulator bays. Successful candidates will work with a variety of clients from young to old and beginners to professionals. All training sessions will be completed within a safe and efficient working environment.

Position responsibilities will consist of, but are not limited to, the following: assisting SGF staff in all aspects of the screening, strength and power programs, setting up and breaking down of training sessions, program design, coaching clients, assisting with routine maintenance of facilities, assisting in Mercer Island Golf Club operations, with other assigned duties. This internship program consists of an academic curriculum along with a practical component. A portion of this internship program will also be focused on the business side of golf performance. Successful candidates will get the opportunity to program and train clients.

Minimum requirements: a current CPR/AED certification, a strong work ethic, punctuality, and a desire to work in the golf industry and become a fitness professional.

Preferred qualifications include: Working towards your Bachelor's degree in exercise science or related field, TPI, SCCC, CSCS, NASM or USAW certifications, or experience as a collegiate athlete.

To apply: Applicants should send a cover letter, resume, and 3 professional references AS ONE PDF to: Zach Johnson, Director of Performance, via e-mail: zach@seattlegolffitness.com