



**Undergraduate strength and conditioning internship at
Loyola University Maryland**

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Visit our webpage at loyolagreyhounds.cstv.com/Strength.html for additional manuals.

GREYHOUNDS™

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Loyola Greyhounds Strength and Conditioning



LU's Varsity Weight Room S&C Philosophy

The Greyhound way is INTENSITY. It is maximum gains in the minimum amount of time. The student-athletes invest their time in the weight room; they do not spend their time doing nonproductive things. Everything we do is for a reason and a purpose. Consequently, our workouts are very intense, relatively brief and never more than four times per week. LU's student-athletes reach their potential for size and strength by the time they graduate.

Strength training for athletes is only valuable in the context of the sport. We are not a weight lifting team, nor are we marathon runners. Too much emphasis in one area of training will leave the athlete deficient in other areas. Overall fitness, specific to the needs of the game is our priority. There are several elements that make up the Greyhound level of fitness. They are muscular strength, cardiovascular fitness, body composition, performance flexibility, sports nutrition, skill development, speed development, agility training, and rest and recovery.

Intensity of effort is the key to proper training. It is the reason for strength and conditioning gains, not magical formulas, super hero routines, miracle supplements or 400 clubs. Intensity includes:

- ✓ Perfect repetitions performed with maximum effort.
- ✓ Complete concentration throughout a workout session.
- ✓ Continuous effort, even when the body is in severe oxygen debt.
- ✓ Hard work, as there is no greater reward than success through hard work.

Our conditioning program is approached in the same fashion as our strength program, with our goal to be in peak shape by the start of practice. As with strength training, we will ask more effort of the athlete each day. The cardiovascular system adapts to the stresses placed on it, similar to skeletal muscle. Therefore, the stresses placed on the cardiovascular system will be monitored and recorded similar to the strength program.



Athletic Opportunities at LU

Loyola University Maryland provides a well-rounded athletic opportunity. There are seventeen identified NCAA Division I sports. A Loyola University Maryland internship will provide you with the opportunity to work with the following:

- Men's and Women's Lacrosse
- Men's and Women's Soccer
- Men's and Women's Basketball
 - Women's Volleyball
 - Men's and Women's Golf
 - Men's and Women's Crew
- Women's Track and Field
- Men's and Women's Cross Country
- Men's and Women's Tennis
 - Men's and Women's Swimming and Diving



LU's Head Strength and Conditioning Coach

Coach Taylor has been the Head Strength and Conditioning Coach at Loyola University Maryland since the 2003-2004 athletic seasons. Rob is a graduate of Lock Haven University, where he was a three year starter for the baseball team. He has worked with professional organizations such as the Anaheim Angels, Tampa Bay Buccaneers, Tampa Bay Mutiny, and San Antonio Silver Stars. Rob is also the founder and owner of SMARTER Team Training. STT has been developed to focus on athlete and team development, performance, and education.



Coach Taylor has also been the Head Strength and Conditioning Coach at UNC Greensboro. He left to pursue a graduate degree in Exercise Physiology from the University of Delaware, while working as an Assistant Strength and Conditioning Coach. Rob has also worked with athletic department at Cincinnati, Princeton, and Villanova. At each of these institutions he has helped numerous athletes reach their dream of becoming professional athletes. Rob's athletes have gone on to be drafted by the NFL, MLB, NBA, MLS, MLL, and NLL. Rob was a strength and conditioning consultant for athletes on the Women's Lacrosse World Cup Champion's Team Australia in 2005, and was the Head Strength Coach for Team Australia's 2009 World Cup team which played in the world championship game also.

Taylor is certified through numerous national and international organizations. He is a Strength and Conditioning Certified Coach through the Collegiate Strength and Conditioning Coaches Association. Rob is recertified with distinction for both the Certified Strength and Conditioning Specialist and Certified Personal Trainer certifications through the National Strength and Conditioning Association. In 2009, Taylor was nominated for the NSCA College Strength and Conditioning Professional of the Year award. He is also recognized by the National Strength Professionals Association as a Certified Conditioning Specialist and Certified Personal Trainer, and has been elected unanimously to the NSPA's Advisory Board. Taylor is also the Maryland/DC State Director for the National Association of Speed and Explosion and is a Certified Speed and Explosion Specialist. Rob has also earned the Performance Enhancement Specialist and Corrective Exercise Specialist credentials through the National Academy of Sports Medicine. Currently, Rob is preparing for the Certified Sports Nutritionist certification from the International Society of Sports Nutrition.

In 2008, Coach Taylor was asked to present various components of the program he has developed at the NSCA Sport-Specific Conference and National Conference in Anaheim, CA and Las Vegas, NV, the National Soccer Coaches Association of American convention in Baltimore, MD, the NSCA Mid-Atlantic Regional conference in Philadelphia, PA, Team Australia Women's Lacrosse Camps in Melbourne and Adelaide, Australia, the Collegiate Strength and Conditioning Association's national conference in Nashville, TN, the NC State University Basketball Specific Strength and Conditioning Symposium in Raleigh, NC, the National Coaching Educators' Conference in Park City, Utah, the PA Strength & Conditioning Clinic at Juniata College in Huntingdon, PA, plus the National Association of Speed and Explosion national conference in Marietta, Ohio, as well as many other locations throughout the year. At LU, Rob hosts the annual Athletic Development Conference in July, and can be seen presenting at Polar Electro, Inc sponsored events.

You can find out more about Coach Taylor's strength and conditioning programs, camps, clinics, conferences, and innovative training techniques through by going to <http://loyolagreyhounds.cstv.com/Strength.html> or www.SMARTERTeamTraining.com.



LU's Strength and Conditioning Internship Objectives

The internship opportunity at Loyola University Maryland has been prepared for the interns to meet the following objectives. Interns have the opportunity to:

- ☑ Develop and monitor strength, conditioning and flexibility programs for Division I athletic teams.
- ☑ Assist in fitness testing, computation of results and evaluation of athletes.
- ☑ Teach proper lifting techniques and assist in spotting lifts.
- ☑ Assist in the maintenance and cleaning of the facility and its equipment.
- ☑ Anticipate potential risks of injury and take measures to remove them and alert participants of them.
- ☑ Develop effective motivating procedures to assist student-athletes in achieving maximum potential in all areas of performance.
- ☑ Demonstrate a working knowledge of computer skills on Microsoft Office and Strength Software
- ☑ Work and communicate with coaches, athletic trainers and medical staff.
- ☑ Establish a strength library by helping with manuals.



LU's Internship Program - Major Responsibilities

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E-Coach Software and Workout Cards

A workout card is a record of what an athlete has accomplished every exercise of each training session. The workout card is a history of the athlete's activity in the weight room. Progressions must be monitored and identifying exercises that a plateau has been reached is necessary.

The intern is required to record the date of each workout, the weight used during each exercise, the repetitions performed, the order in which the exercises were completed, and any necessary seat adjustments. The intern should also note the suggested repetition range and update the workout cards through the proper progressions.

Polar Heart Rate Monitors

Heart rate monitors are used during all fitness sessions. The intern will distribute monitors, gather data, download data, and analyze data from practices and games to running, treadmill, agility, bike, and pool sessions. Progression is monitored similarly to our strength program.

The intern is required to record the date of each workout, the exercise modality used during each exercise, the repetitions and distance performed, the time in which the exercises were completed, and any necessary adjustments made during the session. The intern should also note the recommended fitness expectations and update the workouts through the proper progressions.

Training Athletes

The intern will have the opportunity to gain hands on experience by training LC's Greyhound student-athletes. They will gain valuable experience in proper lifting and spotting techniques, alternative lifts to achieve desired results and acquire a basic knowledge of rehabilitating exercise techniques.

Prior to the intern gaining this individualized, athlete and coach experience, the intern will have to initiate and maintain their own lifting program, similar to that of their student-athletes. The intern will gain a greater appreciation of what the student-athlete is experiencing by experiencing it firsthand. In addition, this experience will allow for the intern the opportunity to learn new lifts and ask questions that they may feel awkward asking in front of the student-athletes.

Motivation of Athletes

Motivation of the student-athletes is probably one of the most difficult aspects of a Strength and Conditioning Coach. For some players, encouragement and acknowledgement of their hard work is enough to motivate them. For student-athletes who are not hard workers, motivation is difficult. It is important to remember that each student-athlete is an individual and different motivational techniques work for different people. Techniques include: variety within the workout (avoiding monotony), verbal cues, leaving the athlete alone, explain expectations, tell them what others (i.e. Opponents) are doing to benefit themselves or getting upperclassmen to motivate them. Each technique can be used to varying degrees in both a positive and negative manner. The key is to understand each athlete and find out what will work with each individual.

Motivation is a true art form. Enthusiasm is contagious. Nobody wants to be around someone who acts tired, lethargic, listless and apathetic. The best way to motivate other people is to be motivated yourself. You should approach every workout, practice and meeting with enthusiasm. The surest way to gain the respect of the players is to provide the excitement and encouragement that others can feed off of.

Supervising the Facility

The intern will demonstrate professional etiquette, consistent with the requirements of the Head Strength and Conditioning Coach, including, but not limited to:

- Displaying a positive attitude towards all recognized users of the facility.
- Displaying the willingness to assist participants in spotting, demonstration, instruction of technique and explanation of exercise usefulness.
- Promoting a healthy body and mind to participants by presenting the advantages of a consistent strength and conditioning program for improved self-image, health and improved performance without the need of performance enhancing substances.
- Displaying a high level of attentiveness concerning proper instruction and supervision at all times while on duty.
- Maintaining confidentiality and willingness to monitor assigned training programs daily, make observations and perform any other requirement with monitoring and record keeping.
- Demonstrating the willingness to perform specific and general supervision as well as other performance tasks requested by the Head Strength and Conditioning Coach.



LU's Internship Program - Collateral Responsibilities

GameBreaker and Trak Performance Software

The intern will be asked to analyze and evaluation game data as it relates to strength and conditioning. Physical tendencies from game simulation fitness sessions, practice, scrimmages, and games will be tracked on a weekly basis. Heart rate data will be used in conjunction with the information gathered on each individual athlete to maintain our individualized, sport and position specific program.

Maintaining Facility:

Restacking Benches, Plates and Dumbbells:

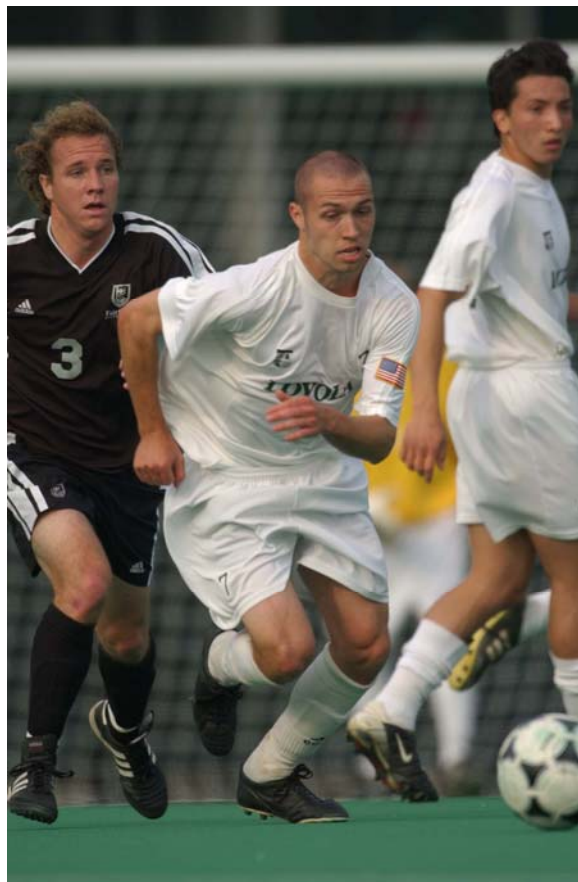
The weights are removed from all of the equipment and placed in the proper locations. This takes place at the end of each strength training session. At the end of the day, the benches need to be stacked in an organized manner to allow the floor to be cleaned that evening.

Maintenance of Equipment and Machines:

The seats and handles must be disinfected by spraying and wiping down all pads on each piece of equipment. Equipment frames and all rods will be cleaned twice a week and lubricated as needed to ensure that the machines run smoothly.

Towels

The towels are to be picked up in the morning from the equipment room. Two to three times a day, the dirty towels must be collected and taken to the equipment room to be washed for later that day and the next.





S&C Internship with LU

The intern will be joining Rob Taylor, Head Strength and Conditioning Coach, and his staff in a program designed to ensure that they receive valuable experience by providing training and practical experience in:

1. Acquire the knowledge, in a “hands on” fashion, to prescribe and implement a strength and conditioning program for intercollegiate athletes.
2. Acquire the knowledge to prescribe and implement aerobic, anaerobic and metabolic conditioning; and flexibility programs for intercollegiate athletes.
3. Acquire the knowledge of proper exercise techniques and the use of strength training equipment.
4. Acquire the basic knowledge of rehabilitating exercise techniques.
5. Acquire the knowledge of safety procedures and potential hazardous situations as they relate to the weight room.
6. Develop working knowledge of computer skills in a variety of programs and applications.
7. Develop scientific research and writing skills.
8. Develop a coaching disposition in working with different individual athletes.

Interns are accepted at any time throughout the year. Requirements include:

- I. Rising seniors, individuals who have just completed their undergraduate degree, and graduate students interested in a career in the strength and conditioning field preferred.
- II. A commitment of a minimum of 30 hours a week.
- III. Prior experience in strength training environment, preferably with student-athletes.
- IV. Currently certified in CPR and First Aid.
- V. Eligible to take the NSPA-CCS, NSCA-CSCS, or NASE examinations.

Suggested course work and background in prior to internship:

- | | |
|----------------------------------------------|--------------------------------|
| Anatomy, Physiology, and Exercise Physiology | CPR Training and Certification |
| Kinesiology and Biomechanics | Sports Nutrition |
| Care and Prevention of Athletic Injury | Statistics |

Application Procedure:

Send resume, cover letter and three references complete with phone numbers to:

Robert Taylor, Jr., Head Strength and Conditioning Coach
Loyola University Maryland
Athletics, Varsity Weight Room
4501 North Charles Street
Baltimore, MD 21210
Phone: (410) 617-5372 Fax: (410) 617-2008

Visit our webpage at loyolagreyhounds.cstv.com/Strength.html for more information.



LU's S&C Intern Evaluation Process

Mid-term and Final Evaluation Documents:

The evaluation documents are available upon request. These documents will be used to help determine the intern's grade. The mid-term evaluation will be completed when the intern has completed approximately half of the required hours. This will give the intern and the college supervisor an opportunity to know where the intern stands with fulfilling requirements. Prior to the intern completing the required hours, the final evaluation will be completed.

Grade Recommendation:

The grade recommendation will reflect the work the intern has completed training athletes, effort put into their special project, scores on test designed to prepare the intern for potential certifications, and the ratings received in the final evaluation. The grade recommendation will be submitted along with the final evaluation form at the conclusion of the internship.





LU's S&C Intern's Mid-Term Evaluation

Name of student: _____

Attendance: _____ Regular _____ Irregular

Punctuality: _____ Regular _____ Irregular

Relations with others:

- Exceptionally well accepted
- Works well with others
- Gets along satisfactorily
- Has some difficulty working with others
- Works very poorly with others

Attitude - Application to work:

- Outstanding enthusiasm
- Very interested and industrious
- Average in diligence and interest
- Somewhat indifferent
- Definitely not interested

Judgement:

- Exceptionally mature
- Above average in making decisions
- Usually makes the right decision
- Often uses poor judgement
- Consistently uses bad judgement

Dependability:

- Completely dependable
- Above average in dependability
- Usually dependable
- Sometimes neglectful or careless
- Unreliable

Ability to learn:

- Learns very quickly
- Learns readily
- Average in learning
- Rather slow to learn
- Very slow to learn

Quality of work:

- Excellent
- Very good
- Average
- Below average
- Very poor

Is the student progressing satisfactorily in accordance with their overall job assignment?

Yes No If no, _____

Has this student, in consultation with myself, developed a project as describe previously in the manual? Yes No

Is this student progressing at a satisfactory rate on the project? Yes No

Overall evaluation of performance to date:

Excellent Good Average Marginal Poor

Head Strength Coach's Signature: _____

Intern's Signature: _____



LU's S&C - Intern's Final Evaluation

Name of student: _____

Period covered by rating _____ to _____

General directions to intern:

It is the intern's responsibility to initiate the evaluation process with the Head Strength and Conditioning Coach. It is recommended that this be done as soon after the mid point of the experience as possible. Frequent evaluation sessions will be more beneficial than one session at the conclusion of the experience.

The intern is expected to be familiar with the competencies. It is further expected that the intern will jointly plan opportunities with the Head Strength and Conditioning Coach that will allow the intern to demonstrate their competency level.

The Head Strength and Conditioning Coach is expected to mail the completed form to the university supervisor at the conclusion of the experience.

Evaluation guidelines:

The following categories will be helpful in the summary of the student's evaluation/

<u>Outstanding</u>	Consistently exceptional in fulfilling requirements
<u>Commendable</u>	More than frequently meets and exceeds minimum requirements
<u>Good</u>	Regularly meets and occasionally exceeds minimum requirements
<u>Fair</u>	Does passable work but does not extend oneself
<u>Poor</u>	Fails to meet minimum requirements

Intern's Comments:

Head Strength and Conditioning Coach's Comments:

Intern's Signature: _____

Head S&C Coach Signature: _____



S&C Certification Recommendations

The two most respected strength and conditioning certifications in the sport industry are offered by the National Strength and Conditioning Association (NSCA) and the Collegiate Strength and Conditioning Coaches Association (CSCCa). The first and most common is the Certified Strength and Conditioning Specialist (CSSS) that is offered through the NSCA. The other certification is Strength and Conditioning Coach Certified (SCCC) that is offered by the CSCCa. You must be a full-time, collegiate strength & conditioning coach in order to be eligible for this certification.

CSCS is recommended for someone just starting out because it is the most recognized and respected by many sport fields. For more information on the certifications, visit the websites or contact them by phone.

National Strength and Conditioning Association (NSCA)

1955 N. Union Blvd.
Colorado Springs, CO 80909
Phone: (719) 632-6722
Homepage: <http://www.nasca-lift.org/>

Collegiate Strength and Conditioning Coaches Association (CSCCa)

PO Box 7100
University Station
Provo, UT 84602
Phone: (801)375-9400
Homepage: <http://csc.ca.org/index.html>

National Academy of Sports Medicine (NASM)

26632 Agoura Road
Calabasas, CA 91302
Phone: 800-460-6276
Homepage: <http://www.nasm.org/>

National Sports Professionals Association (NSPA)

110 West Timonium Road
Timonium, MD 21093
Phone: (410) 308-8800
Homepage: <http://www.nspainc.com/>

National Association of Speed and Explosion (NASE)

P.O. BOX 1784
Kill Devil Hills
NC 27948-1784
Phone: (252) 441-1185
Homepage: <http://www.NASEinc.com>

International Society of Sports Nutrition (ISSN)

600 Pembroke Drive
Woodland Park, CO 80863
Phone: 1-866-472-4650
<http://www.sportsnutritionistsociety.org/site/index.php>

Lifestyle Management Associates

Nutrition Specialist Certification
111 Grove Street, Ste. 1
West Roxbury, MA 02132
Phone: (800) 617-4615
Homepage: <http://lifestylemanagement.com/index.htm>



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