**BASE LaGrange**

1045 South La Grange Road, La Grange, IL 60525

Sarah Hrehor

[sarah@right-fit.com](mailto:sarah@right-fit.com)

5126564274

**12 Week** **Internship**

(Week #1 Introduction/Procedures)

(Week #2 Spotting & Main Movements)

(Week #3 Warm-Up/Mobility/SWEAT)

(Week #4 Baseline Protocols/Annual Plan Program)

(Week #5 Fill the Bucket/Exercise Library/Progressions & Regressions)

(Week #6 - Evaluation)

(Week #7 Strength Development)

(Week #8 Power Development/Olympic Lifts)

(Week #9 Energy Systems)

(Week #10 Resume/Cover Letter/Career)

(Week #11Professional Development with CEO Steve Gray)

(Week #12 Final Internship Annual Plan Presentation)

(Week #12 - Final Review)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Years (1&2) - Candidates at the top of Internship classes may be eligible for full-time employment and placement at a BASE training facility. These individuals should make their employment desires known in cover letter application, and will be provided progress reports, and job availability updates on week #6 of internship program.

At Base, we are looking for the most committed, competitive, and passionate trainers and coaches to potentially join our team, or, welcome students and college-educated professionals to embark on a 12-week practical coaching journey, providing each accepted candidate a HIGH LEVEL human and sports performance training experience.

•  Everything is earned - NOTHING IS GIVEN (We demand our athletes "Chase Excellence"......... We ask the same of our team daily)

•  High Speed Environment - All team members must display the highest levels of competency in Science and Education - Coaching - "Business": the private sector demands a capacity for in-side sales, outside sales, account management, and marketing proficiency

**•  Culture**

1. Sharpen the saw daily (mind and body) - train your own body and keep an open mind through constant education.
2. Understand that helping others means that we always have 120% more to give, and you find passion in coaching clients to become the best versions of themselves.
3. Participate in team sports, and understand the importance of roles, accountability, and execution.
4. Start with the End in Mind - you have life values and goals, and work daily to master your mind, to foster consistency and discipline in your daily engagements - if the above resonates with you, BASE will feel like home.