

4.40 Performance Internship Application

Contact Information		
First Name	Last Name	Middle Initial
Current Address		
City	State	Zip Code
Phone Number	Email	

Academic Information		
College / Academic Institution	Years Completed	
Academic Major / Minor	Expected Graduation Year	
Current/Cumulative GPA	Is this for College Credit (Yes or No)	Hours Needed

Athletic Experience	
Were you a varsity athlete in High School?	Yes / No
If answered yes, Please explain further:	
Were you a varsity athlete in College?	Yes / No
If answered yes, Please explain further:	
Do you have weight training experience?	Yes / No
If answered yes, Please explain further:	
Do you have speed and agility training experience?	Yes / No
If answered yes, Please explain further:	

Coaching Experience	
Have you coached at the youth level (8-18 years old)?	Yes / No
If answered yes, Please explain further:	
Have you coached at the collegiate/professional level?	Yes / No
If answered yes, Please explain further:	
Have you coached in a strength and conditioning setting?	Yes / No
If answered yes, Please explain further:	
Have you BEEN coached in a strength and conditioning setting?	Yes / No
If answered yes, Please explain further:	

Do you currently hold any certifications related to strength and conditioning or health/fitness/wellness? If so, please list below.	
	I.D. Number:
	I.D. Number:
	I.D. Number:
	I.D. Number:

What is your intended career goal?

What do you want to gain from the 4.40 Performance Internship Program?

Please list professional references.		
Name	Phone	Email
Name	Phone	Email
Name	Phone	Email

Please email completed form and cover letter to akroah@440performance.com