

# INTERN REQUIREMENTS

**COACHING:** Interns will be expected to assist coaching the School programs (Cadet and Junior) during the spring, summer and fall—a period of thirty-six weeks. These courses last for ten weeks and take place from 3:30pm to 5:30pm during weekdays. In the summer a number of additional one week courses are arranged.



**INCOME:** Coaching fees will be paid at the rate of US \$25 per 90 minute session and US \$10 per hour for administrative tasks. The amount of work cannot be guaranteed but we envisage each intern can expect to earn an average of \$200 per week. This includes opportunities to coach Adult Learn-to-Row and Novice Courses as well as other tasks. For the weeks when there is no training and the interns are on the premises GMS will underwrite an income of \$200 per week.

**SUPPORT & DEVELOPMENT:** GMS will pay for a CPR (first aid) course, Connecticut Safe Boat License required for all users of powered water craft (coaching launches) and for membership of the US Rowing Association. GMS is a member of this Association and its rowing activities are covered by their liability insurance. GMS will run coaching courses based on Levels 1 & 2 as set out by US Rowing Association. Interns will be expected to develop training schedules for their respective courses and to critique and analyze technical skills and develop strength and fitness amongst their students.

Development will include programs to instruct interns on biomechanics, sports physiology and nutrition as they relate to rowers (particularly elite rowers) and athletes in general.

**SATS:** Those who wish to sit their SAT's in order to apply for a US university will have the opportunity to register and sit their tests at one of the local schools/ educational authorities. Registration can be found on

[http://apps.collegeboard.com/cbsearch\\_code/codeSearchSatTest.jsp](http://apps.collegeboard.com/cbsearch_code/codeSearchSatTest.jsp)