

Nordic Coaching Intern

The Mt. Bachelor Sports Education Foundation located in Bend, OR, is searching for a dynamic, knowledgeable, and passionate Intern to be part of a highly experienced and successful Nordic coaching staff.

The ideal candidate will have education or experience in the areas like physiology, sports medicine, and ski instruction. Candidates should have a demonstrated interest in pursuing coaching in the future.

Duties include, but are not limited to:

- Assist with programs for all ages with a focus on Middle School skiers.
- Assist or lead training sessions including interval training, strength circuits, dryland training and distance workouts
- Work with Head Coaches to formulate, execute, and evaluate short and long term training plans.
- Assisting or run technique sessions for all ability levels including middle school, high school and adults ranging in ability from beginners to experienced racers.
- Assist with trip planning including accommodation and meal planning
- Possible travel and trip leadership to races around Oregon and the Northwest with Middle School and High School aged racers
- Knowledge and experience with current ski waxes, waxing methods, and wax testing.
- Organize and maintain wax stock and test skis.
- Distribute loaner equipment as needed
- Teach appropriate ski care and waxing techniques both in formal clinic situations and informally during and after training.
- Coordinate school pickups
- Driving teams vans.

Requirements

- Completion of US Ski And Snowboard Association Level 100 coaching certification
- Driving vans for school pick-ups, training at the mountain, and out of state trips.
- Availability Wednesday afternoons, Saturday, Sunday, and most holiday mornings, and potentially some weekend travel.
- Good driving record
- Completion of SafeSport Training

Benefits:

- This is a part time position paid hourly from mid-November through mid-March.
- Salary is based on experience.
- US Ski and Snowboard Membership costs.

Send resume or introductory letter to dan@mbsef.org.

MBSEF is a non-profit organization whose guiding philosophy is to encourage academic achievement and promote the positive values of alpine and Nordic skiing, snowboarding, and cycling in a motivating and safe environment. MBSEF also offers acclaimed events such as the Pole, Pedal, Paddle and the Great Nordeen.