



Mammoth Track Club Internship Application

Personal Information

Name: _____

Gender: _____ Birth Date: _____

Telephone Number: _____ Email Address: _____

Permanent Address: _____

Emergency Contact Information: _____

Term applying for: Summer (June-August) Fall (September-November)
 Winter (December-February) Spring (March-May)

Preferred length of internship: 6 weeks 8 weeks 10 weeks 12 weeks

Other: _____

Is the internship for college credit? Yes No

College/University Name: _____

Anticipated Graduation Date: _____ Major: _____

If applying for college credit please list the college/universities internship requirements (e.g., the number of hours needed, the objectives of the internship, documentation of the internship) below.

Internship Information

Eligibility: You must be at least 18 years of age to apply for the internship. You must be working toward or have completed a degree in any health related field such as, but not limited to, sports management, exercise science, health promotion, or physical education.

Internship Responsibilities:

- Assist Coach Kastor during the elite team practices by timing workouts, biking with athletes, running with athletes, getting fluids to athletes, etc.
- Assist Coach Kastor during the general membership team practices by encouraging athletes, timing workouts, participating in practices, etc.
- Help out with various duties at the races put on by the Mammoth Track Club.
- Help out and observe strength and flexibility workouts with the elite team twice a week.
- Complete all projects assigned by Coach Kastor.

Application Procedures: Please complete all parts of the application and email them to andrew@coachkastor.com.

Attachments

Résumé: Please attach a résumé with related work experience and at least three references with contact information.

Letter of Recommendation: Please attach one letter of recommendation from someone other than a family member that can speak of why you would be a good fit for the internship position.

Essay Questions: Please respond to the following questions.

- 1.) Describe yourself and your goals.
- 2.) Describe why you would like to intern with the Mammoth Track Club and what you hope to get out of your internship experience.
- 3.) What separates you from other applicants?



Frequently Asked Questions

How long is the internship? Internships can range from six to twelve weeks but will be reviewed on a case-by-case basis.

How many interns does the Mammoth Track Club accept? The Mammoth Track Club will accept one intern for the Fall, Winter, and Spring terms and two interns for the Summer term.

Is this internship paid? No.

Do I have to be a runner to participate in the internship? Yes.

Do I need a car? No, you can easily get around without a car. However, having a car will allow you to more easily explore Mammoth Lakes and the surrounding area.

Do I get vacation time? All requests for vacations must be discussed with Coach Kastor and will be reviewed on a case-by-case basis.

Where should I look for housing? Any of the housing websites available (AirBnB, VRBO, etc...)

Are meals provided by the Mammoth Track Club? No.

Do I have to be doing the internship for college credit? No.

How many days a week will I work? Six to seven days a week.

How many hours a day will I work? Hours vary greatly from day to day, about 20-25 hours per week.