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| Intern Application Form |   |
| ROMERO ATHLETICS |  |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mobile: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_Gender\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date available for internship: From: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_To:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you able to commit to at least 10 contact hours per week at Romero Athletics? Y/N

Are you available in the AM/PM/Both?

Are you interested in a full-time or part time internship? Full time ( ) Part time ( )

Are you interested in a position with Romero Athletics after your internship Y/N

Own transport? (Please circle) Yes No

Shirt size (S) (M) (L) (XL) (XXL)

My main interests are

*Select one (or up to three) area(s):*

General athletic preparation – Nutrition and performance – Performance psychology– Strength for sports training – Injury Rehabilitation –

Please answer the following 25 questions with as much detail and honesty as possible, there are no wrong answers. **Read that again.** This is not a test, don’t modify your responses to what you think is a good answer, go with the first thing that comes to you, the aim of these questions is to provide context for us to deliver the most valuable internship experience possible for you.

1. What are your objectives in undertaking an internship with Romero Athletics?
2. What do you think you can do better than anyone else? This doesn’t have to be gym/training related.
3. What are the non-negotiables in your life?
4. How did you first get interested in Performance training?
5. What do you believe are the keys to high level athletic performance?
6. Where do you see yourself in 5 years?
7. What were the last 3 books you read?
8. If you had to specialise in one of the following aspects of performance what would it be?
9. Performance Nutrition
10. Performance Training
11. Performance Psychology
12. Where are you at 10am on a Saturday?
13. When have you set goals in the past, what were they, and what did you do to achieve them?

If you didn’t achieve them, what stopped you?

1. What do you do in your down time?
2. How do you stay up to date and in the know about training?
3. Who do you look up to and why?
4. What is your favourite thing about training?
5. What is your dream job?
6. Describe your ideal mentor/mentee relationship.
7. Who is your favourite athlete and why?
8. What are your current performance goals?
9. What time do you generally go to bed/wake up?
10. What is your favourite type of training/exercise?
11. What is the longest project you have been involved in?
12. How does caffeine affect you?
13. Do you prefer to “cut to the chase”?
14. When was the last time you were pumped up about something? What was it?
15. What aspect of your personal development are you working on right now?

**Thanks for taking the time to answer the above questions, it will help us get to know you better and maximise your output from the program**.

Email the completed form to info@romeroathletics.com

Looking forward to hearing from you.

-Alan Romero