



Internship Application

Bellin Health offers unique opportunities for students studying Kinesiology, Exercise Science, Health Science, or related fields. Through our state of the art facilities and partnerships with local high schools, we are able to provide a dynamic learning environment including Tiletown Strength & Conditioning and Bellin Fitness. If you are interested in pursuing a career in strength and conditioning, fitness, or a related field, Bellin is the right place for you to develop valuable professional skills. Please read the following pages to learn more about the internships Bellin offers. Email any questions and/or the completed application and requested documents to:

Jason Infusino / Tiletown Sports Medicine & Orthopedics
1970 S Ridge rd. / Green Bay, WI 54304
Email: Jason.Infusino@bellin.org
Phone: (920)-884-1342

Internship Options

bellinhealth | Titletown Sports Medicine & Orthopedics

Bellin Health Titletown offers a variety of high-level Strength & Conditioning experiences all within one internship. Our Strength coaches work out of our state of the art [Titletown Sports Medicine & Orthopedic Clinic](#), and provide training to all levels of athletes and clients, from developmental to elite professional athletes and beyond. Each intern will have the ability to be involved in our “on-site” training at the clinic and our “off-site” strength & conditioning coaching at area high schools.

On-site training includes working in our Sports medicine & Orthopedics performance lab, which utilizes some of the most advanced biomechanical assessment technology in the country to improve their clients’ performance and reduce the likelihood of injury. SIMI motion capture systems, wireless EMGs, Biodex, and an HP Cosmos Treadmill with Zebris Technology are all tools used at the Performance Lab. High-speed videos are analyzed to identify inefficiencies in full speed athletic movements. Our Strength Coaches design specific programs that address these inefficiencies and increase the performance of their clients. Titletown Sports Medicine and Orthopedics offers an array of different assessment options including running, sprinting, throwing, hitting, golfing, and cycling. They also offer many different ways to train, which include personal training, technology training, sport skill, nutrition, personalized program development, and team training.

Off-site training includes Strength & Conditioning at one of 10 regional high schools. Our Strength Coaches are responsible for all aspects of Strength & Conditioning year round at these schools, and work with all sports teams both in-season and off-season. This results in a very active and dynamic schedule in which multiple sports teams and age levels are training daily. Our Strength & Conditioning Coaches work in close collaboration with their sport coaches and athletic directors throughout the school year and provide both sport specific in-season as well as off-season training programs. During the summer, strength & conditioning programming is provided to all high school athletes and in some cases middle school athletes. In addition to strength training program design and implementation, our coaches’ conduct and monitor athlete performance testing, develop speed, agility, flexibility, and plyometric training, and teach proper movement mechanics for injury prevention.

bellinhealth | Fitness

Bellin Fitness provides Wellness Services at three clinical locations in Northeastern Wisconsin, Ashwaubenon Family Medical and Wellness Center, Bellevue Family Medical and Wellness Center, and the Bond Community Health Center in Oconto. All three of these locations are open to the public, and are fully integrated into the Medical system, which gives our members, clients, and staff full access to physicians, therapists, nurses, clinicians, and more. Our staff includes Personal Trainers, Athletic Trainers, Membership Specialists, and Customer Service Representatives who function in a multitude of different roles. Our goal as the premiere fitness organization in the Green Bay area is to help all we meet in “Finding their Fit.” Whether that means coaching someone through weight loss or movement goals, connecting someone to new and exciting group fitness classes, helping someone physically progress after orthopedic surgery and therapy, or any number fitness or wellness situations that present. There really is no limit to the way you can impact an individual’s health and well-being as a member of the Bellin Fitness team. If you are looking for an opportunity to improve the health of a population that includes people from all walks of life with many different health statuses, then Bellin Fitness is the place for you. We offer individuals of strong character, great work ethic, and high customer service skills the opportunity to intern as Personal Trainers, or Membership Promotion and Administrative Specialists, or a combination of the two roles. If you are interested in either, we would love to hear from you.

Academic Requirements

In order to be considered for any of the above internships a student must:

- Be pursuing a bachelor's degree in exercise science, kinesiology, health promotion, or related field.
- Have an interest in pursuing a career in Personal Training, Strength and Conditioning, or related field.

Internship Application Process

1. Student submits completed application and requested documents to Jason Infusino.
2. Upon submission of completed application, Interest Survey answers, resume, and background check results; The Appropriate Bellin Internship Coordinator will review the information and schedule a phone interview with the candidate.
3. After reviewing application and performing interviews:

If Accepted...

The Internship Coordinator will send acceptance email to confirm:

- Start date
- Hours
- Length of internship
- Details of internship duties

If Denied...

An email of denial will be sent from the Internship Coordinator.

Internship Application Timeline

Internship Application Dates:

Fall Semester Internship:

It is preferred that applications are submitted by the last week of July

Spring Semester Internship:

It is preferred that applications are submitted by the last week of November

Summer Semester Internships:

It is preferred that applications are submitted by the last week of April

Student Expectations

To achieve mutual benefits for both the student intern and the Bellin Health Internship Program, the following expectation has been established. This need not be in addition to requirements from the university, and may satisfy both institutions.

Developmental Project

Project may be organizational, informational, or promotional and is to be coordinated from start to finish by the intern with appropriate assistance from staff. At the conclusion, final summary will be reported to the applicable staff.

Examples: Training logs, needs assessments, research projects, surveys, evaluation, event promotion, sport training binders, policies and procedures manual updates, presentations to staff, etc.

*This is a minimal expectation. Anything additional (based on student intern interest) is encouraged.

Professional Behavior

1. Demonstrate appropriate self-confidence
2. Maintain, in confidence, information regarding members, students, and patient's medical condition and personal life.
3. Demonstrate ability to use free time effectively.
4. Demonstrate ability to accept responsibility.
5. Demonstrate desire to continue learning.

Professional Conduct:

You will be exposed to business discussed concerning members, patients, students, staff, and the department, which must not be discussed with or in front of a member, patient, or other personnel or persons outside of the department. It is important to maintain a professional attitude, as well as a comfortable, relaxed and fun atmosphere in the department, for the athletes and patients to enjoy this and look forward to the time spent with the sports medicine staff. Intern must follow Bellin Code of Conduct in attitude and appearance. Failure to comply with policies will result in immediate disciplinary action and a non-compliance report to the university's intern supervisor.

Internship Application

Please check one: Summer Fall Spring Winter Year _____

Name: (First, Middle Initial and Last) _____

Address: _____

City/State/Zip: _____ Phone: () _____

College or University: _____ Year in school: _____

Major: _____ Minor: _____

Program Director: _____

Flexible schedule? Yes No

Skills, Experience, Certifications:

1. _____

2. _____

3. _____

Do you have any special considerations? (i.e., part-time job, lack of transportation, housing needs etc.)

Interest Survey

Please answer the following questions in essay format on a separate document and include with submission of your application:

1. Why are you choosing Bellin (Titletown or Fitness Center) for an internship?

2. What would you like to accomplish as an intern at Bellin?

3. What interests you about the Strength & Conditioning or Fitness field?

4. Where would you like to take your career after the internship?

Please send completed Internship Application and Interest survey answers, along with a Resume via email to:

Jason Infusino / Titletown Sports Medicine & Orthopedics
1970 S Ridge rd. / Green Bay, WI 54304
Email: Jason.Infusino@bellin.org
Phone: (920) 884-1342

Emergency Contact Form

Primary Emergency Contact:

Name: _____

Relation: _____

Phone: _____ Cell: _____

Secondary Emergency Contact:

Name: _____

Relation: _____

Phone: _____ Cell: _____

Checklist

ITEM	BELLIN RESPONSIBILITY	INTERN RESPONSIBILITY	DATE	INITIALS
Application		X		
Resume		X		
Interest Survey Answers		X		
Internship manual from School		X		
Signed Contract	X	X		
On-Site Instructor established	X			
Background Check		X		
Emergency Contact Form		X		

Dress Code

Interns will follow the dress code of their respective departments. Please discuss appropriate attire choices with your department lead.

GENERAL GUIDELINES FOR ALL STAFF:

- Jewelry should be kept to a minimum
- Hairstyles must be neat and well kept
- Make up and perfume or cologne should be used in moderation
- Bras and underpants are required and should not be visible
- Socks or hosiery must be worn at all times
- Shoes should be closed toes and neat and clean and appropriate for the work areas
- It is the responsibility of the employee to be free of body odor and cigarette smoke odor
- Artificial acrylic fingernails or extender will not be allowed for any staff with direct patient contact
- Green Bay Packer or professional football team attire may be worn on days of Green Bay Packer home games or home weekend games. The attire is limited to polo shirts, sweaters, dress shirts, or turtlenecks