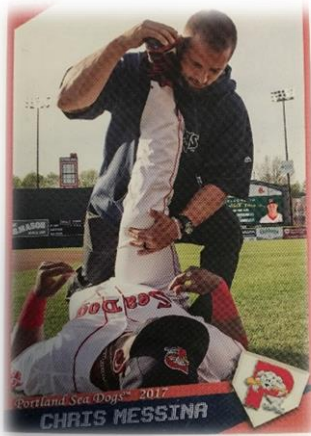


INTERN WALL of FAME



Christopher Messina

Alumni, Exercise science

Strength & Conditioning Intern

Texas Christian University

Fort Worth, TX

“I completed my internship at TCU in the summer of 2014. I was an intern strength and conditioning coach within the strength and conditioning department. The teams I worked most closely with were football, baseball, and women’s soccer. This internship helped me to gain a strong understanding of strength and conditioning philosophy. It also gave me an opportunity to work hands-on with a large amount of high-quality athletes.

This internship helped me succeed in a number of ways. First, as mentioned, I gained knowledge and hands-on experience at a top tier university. Second, I was able to grow my network (both with established coaches and with fellow interns who were looking to make a name for themselves in the field as well). Third, because of this internship, I was able to take the next step in my career path and become a Graduate Assistant Sports Performance Coach at Salisbury University (where I was working on my Master’s Degree).

I would highly recommend this internship to anyone interested in the field of Strength & Conditioning. The staff at TCU is excellent, and the intern development program is second to none. It was an unpaid internship, and I moved down to Texas for a summer to complete it. There was no housing allowance or meal plan. However, I would say this internship helped me to set me on my current path and would not trade the experience for anything.

Even if this option is not economically feasible, I would still highly recommend interning somewhere. Strength & Conditioning is a field that requires experience and a good network. Being an intern

(especially somewhere further from home) proves that you are willing to put in the time and hours to be successful in the field. The more people you meet and the more knowledge/experience you acquire, the better your chances of getting what you want out of this field.

My advice would be to not be afraid to reach out. I was 1 of 5 interns at TCU the summer I was there. I was also the only one without any sort of connection there. I simply reached out to the internship coordinator out of the blue. Most coaches in this field are willing to share their time and knowledge with anyone who is willing to listen.

To be honest, I did not use the Career Development Office as much as I should have. I did not start becoming serious about this field until I was in graduate school. I am very lucky to have met the right people and followed the path I am on, but I understand I could have just as easily missed many opportunities because I did not take advantage of the Career Development Office while I was an undergraduate student. The sooner you can start gaining valuable and useful experience the better. Because of this, I would say use the Career Development Office as much as you can.”