

Snohomish Summer Internship Program



Information for Students and Parents/Guardians:

Thank you for your interest in participating in Snohomish Summer Internships! The purpose of the summer internship is to give students a chance to develop the skills that they have been learning in their high school classes in a workplace environment. The program also gives businesses in the Snohomish area an opportunity to develop relationships with members of the future workforce.

Data shows that students who participate in internships that are related to their careers have the following advantages:

- National Associate of Colleges and Employers (NACE) – Students who have participated in internships receive 1.61 job offers, while students who did not participate in internships receive 0.77.
- The average salary of someone who served as an intern is \$15,000 higher than someone who has not.
- 70% of interns are hired at the company in which they interned.

Students interested in the summer internships need to be rising sophomores or juniors and at least 16-years-old. Students will need to drive themselves to the internship sites. The internship consists of students working a total of 60 hours during a five-week period during the summer, which will start during the week of July 8. An exception is the internship with the Snohomish Farmers Market. See its internship description for full details. Here are the internships for this summer:

- **Crossfit Snohomish** in Cathcart/Clearview – Personal training
- **The Goddard School** on Seattle Hill Road– Early childhood education
- **North Sound Media** (KRKO and KXA) in Everett – Broadcasting, marketing, and event management
- **The Snohomish Farmers Market** in downtown Snohomish – Event management and entrepreneurship
- **Soundair Aviation Services** off Bickford Avenue – Aerospace manufacturing

How to Get Started:

1. Fill out the application for the internship that you are interested in. There is a link and QR code to the application at the bottom of each internship description.
2. If you are under 18-years-old, have your parents/guardians sign the signature line at the bottom of this page and return it to the counseling office at your school.
3. After spring break, candidates that are selected to be interviewed will be notified by phone and invited to interview for the position by the internship host from the business and the internship supervisor from the school district (Brian Burdon, Career and Technical Education Director, Snohomish School District).

2024 Summer Internship Timeline:

- Week of March 11 – Summer internship applications are open.
- Applications for internships open until filled.
- Late April – Internship interviews begin.
- 2nd week of June – Pre-internship meeting at the business (specific time and place TBD).
- Week of July 8 – Internships begin.
- End of internship – Exit interviews and career “next steps” with interns.

Questions? Contact Brian Burdon

brian.burdon@sno.wednet.edu

Parents – if your student is under the age of 18, please sign below, giving them permission to apply. This form should be returned to the counseling office (SHS: Mrs. Welch, GPHS: Mrs. Hoiem, AIM: Mr. DeGroot)

Student Name

Parent/Guardian Signature

Date

CrossFit Snohomish Summer Internship Posting



Internship Name: Personal Trainer

Host Company: CrossFit Snohomish

About the Internship: Dive into the world of fitness and entrepreneurship with the CrossFit Snohomish Summer Internship – where passion meets power and every workout is a step toward your dream career! Join our team for an unforgettable summer, blending the best of personal training and entrepreneurial spirit. As a CrossFit Snohomish intern, you'll be at the heart of the action, learning the ropes of personal training, group fitness, and the business side of a thriving fitness community.

Career Paths: This internship is designed to serve students pursuing various career paths, including but not limited to:

- Personal Trainer
- Entrepreneur

Qualifications:

- Must be a rising sophomore or junior that is enrolled in a Snohomish School District High School
- Must be at least 16-years-old
- Must have a current physical/cleared to participate in sports
- Preferred – have previously taken Sports Medicine 1 or 2

Internship Details:

- **Start Date:** July 8
- **Duration:** 5 weeks
- **Weekly Commitment:** 12 hours (4 hours per day, 3 times a week)

Internship Components: Employers can customize the internship experience by defining specific tasks and responsibilities. Here's where you can outline the key components of the internship:

1. Interviewing and shadowing personal training staff
2. Working out with CrossFit classes to learn movements and exercises for different muscle groups.
3. Developing training plans on the SugarWod personal training app.
4. Learning fundamentals of nutrition for fitness to help customers.
5. Demonstrating warm-ups and exercises for classes.
6. Learning about and assisting with customer service.

Internship Schedule: Dates and times may be negotiable, but the dates and times need to align with when Crossfit Snohomish is open. The owner's preferred dates and times each week, for five weeks beginning on July 8 are the following:

Mondays 3:30-8 p.m.

Tuesdays 9 a.m. – Noon

Fridays 5-10:15 a.m.

Application: Interested candidates can apply by scanning the QR code below or visiting our application portal:

<https://forms.gle/DJoipdrGFUDJMNdK7>



Questions? Contact Brian Burdon, Career and Technical Education Director - brian.burdon@sno.wednet.edu