



Sarnia Sting Hockey Club
1455 London Road
Sarnia, ON
N7S 6K7

JOB TITLE	Performance Science Internship
REPORTS TO	Head Physical Therapist & Applied Sport Scientist

JOB PURPOSE

The Sarnia Sting are seeking a motivated Performance Science Intern to support the club's athlete monitoring and performance program throughout the 2026–27 season.

This position is designed for a kinesiology student interested in gaining practical experience within a high-performance hockey environment. The successful candidate will work directly with the Head Physical Therapist and Applied Sports Science Lead while collaborating with the strength and conditioning, medical, and coaching staff.

DUTIES AND RESPONSIBILITIES

- Assist with the collection of athletes monitoring and performance-testing data
- Support testing using force plates, dynamometers, timing systems, jump testing, and other performance technology
- Help organize, clean, and maintain performance datasets
- Assist with testing setup, equipment preparation, and athlete flow
- Observe the integration of performance science, strength and conditioning, rehabilitation, and return-to-play planning
- Maintain athlete confidentiality and follow all organizational policies

QUALIFICATIONS

- Currently enrolled in the third year or beyond of a kinesiology undergraduate program
- Students in graduate-level kinesiology, sport science, exercise physiology, or a related program are also encouraged to apply
- Strong interest in applied sport science and athlete development
- Foundational understanding of exercise physiology, biomechanics, and research methods
- Comfortable working with Microsoft Excel or similar data-management software
- Organized, dependable, professional, and attentive to detail
- Able to communicate effectively and work collaboratively within an interdisciplinary team
- Willing to learn and contribute in a fast-paced environment

Preferred Qualifications

- Previous experience in hockey, strength and conditioning, athlete testing, or performance analysis
- Experience with Excel
- Current First Aid and CPR/AED certification

LEARNING OPPORTUNITIES

The intern will gain exposure to:

- Applied athlete monitoring within major junior hockey
- Performance testing and data-collection procedures
- Data interpretation and practical reporting
- Return-to-performance decision-making
- Communication between performance, medical, strength and conditioning, and coaching staffs

- The day-to-day demands of working within a competitive team environment
- Access to SportsMAP Masterclasses, and mentorship

WORKING CONDITIONS

- Part-time internship: approximately one day per week (Gameday – 3), more days available if desired.
- Location: Sarnia, Ontario
- Schedule will be established around the team's practice, training, and game calendar
- Some early mornings, evenings, or weekends may be required
- Term: To be discussed, prefer full-season availability.

TO APPLY

Please submit the following:

- Resume with two references
- Brief cover letter describing your interest in applied performance science
- Your current academic program and year of study, or years of experience in field
- General availability during the 2026–27 season

Applications should be sent to **bhennessy@sarniastings.com** by **August 31st** with the subject line:

Performance Science Intern Application – [Applicant Name]

Only applicants selected for an interview will be contacted.

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