

SUMMERCISE APPLICATION: INFORMATION SHEET

Application Instructions:

1. Application Due Date: February 8th, 2019
2. Send in the following: Information Sheet, Summercise Questionnaire, cover letter, resume, and 2 letters of recommendation.
3. Please have your name on every sheet.
4. Applications must be sent as an attachment as a PDF or word document. We will not accept written, JPEG or picture applications.
5. Letters of recommendation may be sent with your application or directly from the person submitting the recommendation letter. Please ensure that the persons submitting your recommendation letters put your name in the letter. Recommendation letters are to be sent to summercise@nshcorp.org via email.
6. Please send your complete application to summercise@nshcorp.org addressed to **Stephanie Stang, MS, RD.**
7. If you do not receive a response within 72 hours of submitting your application, please follow-up to confirm that we have received your application.

CURRENT CONTACT INFORMATION:

Name:	Date:
College/University:	Expected Graduation Date:
Current Mailing Address:	Major and Concentration:
Email Address:	Phone Number:

REFERENCES (Please no relatives or friends):

Name	Title & Organization	Phone Number/Email

SUMMERCISE QUESTIONNAIRE INSTRUCTIONS

Please fill out this questionnaire and submit it with your information sheet (above), cover letter and resume. Please take as much space as needed and be creative.

Summertime Overview: Summertime is broken up into two groups; 5 & 6-year old's and 7 and up. Kids ages 5 and 6 do not switch classes for Summertime. They complete all activities as a group. Typically, we have around 60 kids enrolled in this age group. Kids ages 7 and up switch classes during Summertime and complete a new activity every hour as part of their individual choice. We usually have around 120 kids enrolled in this age group; however, class sizes are usually capped at 30 kids.

Please use the below boxes to:

1. **Rate each activity.** Please indicate on a scale of 1 – 3: (1) not at all comfortable, (2) willing to assist teaching this class, (3) can lead this class.

2. Describe your experience **participating, coaching, teaching or leading** any activity or class you rated 2 or 3. Take as much space as needed or attach an additional page.

3. If you were to come to Nome, Alaska to teach a nutrition class and physical fitness class what would you name them? **Provide a name and class description for at least 2 classes, preferably classes rated 3.** Be creative with the class name and briefly explain each class. Please note that the class ideas listed here may be used for actual Summertime classes. Make sure you are comfortable leading or instructing your class suggestions. Take as much space as needed or attach an additional page.

EXAMPLE			
1 – 3	Activity or Class	Experience	<u>Name and Class Description</u> Please complete a minimum of 2 classes
3	Basketball	Played in grades 9 – 12 Assisted at summer camp for 2 summers	Shooting Stars Practice and develop your individual basketball skills with drills that exercise dribbling, passing, and shooting. Use your talents and teamwork during mini games to bring your team to victory!
2	Gymnastics	Participated in gymnastics for 2 years	
3	Other: Dance / Jump Rope	I lead jump roping classes after school for the elementary grades. I taught dance classes for 3 years to 5-year-olds. I taught dance for 1 year at college to other students. At a summer camp for 3 summers, I assisted with activities such as jump roping, corn hole, arts and crafts and other games.	Pop-Rope A combination of music jump rope and recess! We will learn the ins and outs of jump-roping, including fun tricks all while dancing and moving to popular tunes.

SUMMERCISE QUESTIONNAIRE

5- & 6-Year Old's			
1 – 3	Activity or Class	Experience	<u>Name and Class Description</u> Please complete a minimum of 2 classes
	Beginning cooking and kitchen skills		
	Beginning dance and tumbling		
	Beginning ball sports		
	Coordinated gym games		
	Gardening		
	Healthy snacks		
	Scavenger hunts		
	Swimming lessons		
	Other:		
Other – please list and explain any other creative and unique classes or hobbies you would like to teach:			

7 and Up

1 – 3	Activity or Class	Experience	<u>Name and Class Description</u> Please complete a minimum of 2 classes
	Swimming Lessons		
	Dance		
	Ballet		
	Hip Hop		
	Cheerleading		
	Gymnastics		
	Basketball		
	Jump Roping		
	Football		
	Floor Hockey		
	Frisbee		
	Biking		
	Kickball		
	Self Defense		
	Soccer		
	Softball/Baseball		
	Track and Field		
	Volleyball		
	Wrestling		
	Nutrition Education		
	Gardening		
	Scavenger Hunts		
	Outdoor Survival		
	Cooking		
	Cultural Cooking		
	Food Science Lab		
	Other:		

Other – please list and explain any other creative and unique classes or hobbies you would like to teach:

Use this space below to share anything else about yourself. (Example: further experience you have, why you want to come to Nome, Alaska and join the Summercise Team, special training or certifications you have).

Which age group are you more comfortable teaching?

5-6 years old

7 years & up

No preference

You will receive a meal card and may frequent the hospital cafeteria for breakfast and lunch during the weekday. In the evenings and on weekends you will have a food stipend to buy some of your own food. Are you comfortable with this meal plan?

YES

NO

Do you realize this is an unpaid internship? Transportation to and from Alaska, housing, Rec Center Pass, a weekly stipend, and internet are provided:

YES

NO

You will most likely share your apartment/house with other interns as well share a bedroom with another intern. Are you comfortable with this living situation?

YES

NO