



No Stress Midwest



No Stress Midwest: Summer 2023 Intern

No Stress Midwest Mission Statement:

No Stress Midwest is a technical soccer training business that offers a unique approach to training the current youth athlete. **We create a "no stress" environment while also offering unique and specialized training tailored to the individual player or team.** Today's youth athlete is under a tremendous amount of pressure between club and high school soccer, striving to get into college with good grades, studying, wanting to make good friends and have a rich social life and it can get to be a lot. In many cases, young athletes end up resenting the game they love and the people associated with it. At No Stress Midwest we want to prove to our clients that you can have fun working hard and getting better by creating unique training environments customized to the player. We feel that not only are we able to get the most out of the individual by creating a "No Stress" environment, we are also teaching them fundamentals that they can carry off the field and apply in their life.

Services:

No Stress Midwest is made up of 5 businesses that work together to create our holistic approach to developing our athletes:

- No Stress Midwest Training
- No Stress Midwest Education
- The No Stress Midwest Podcast
- No Stress Midwest Apparel
- The No Stress Midwest Scholarship Foundation

Position Overview:

No Stress Midwest is seeking a **Summer Intern 2023** to help out with day-to-day activities that are involved with running No Stress Midwest. The job will be equally remote as well as in-person spending time at the No Stress Midwest office located in The Soccer Lot downtown.

A qualified candidate can do majority or all of the tasks listed below as well as feel encouraged to share their other talents and skills they can bring to growing the No Stress Midwest brand. Those tasks include but may not be limited to the following:

- Helping with the planning and setup of meetings and future projects
- Creating digital marketing content & assisting with social media
- Assisting with photography and videography work; both shooting & editing
- Assisting in planning/running training sessions
- Sending emails (following corporate etiquette) on behalf of No Stress Midwest to various sports clubs & businesses



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Requirements/Qualifications:

- Current High School/College student OR recent College graduate
- Majoring/Aspirations to Major OR hobby/interest in the following:
 - Business Admin.
 - Journalism & Mass Communication
 - Sports Management OR Sports Science
 - Photography/Videography
 - Social Media/Digital Marketing
- Someone able to complete tasks with limited supervision
- Bring a positive attitude to work
- Fluent use in Google Suite (Doc, Sheets, slides, etc.). Microsoft Office Suite (Word, Excel, Powerpoint, Outlook)

Preferred Qualifications:

- College Degree OR Work/Internship experience in above Major Fields
- Proficient in photography/videography & photo/video editing (iMovie, Adobe Suite, etc.)
- Experience in Coaching (Any Level)
 - Soccer
 - Lacrosse
 - Field Hockey
 - Sports Performance
- Someone who not only brings ideas to the table but able to implement them and see them through

We have developed a unique solution at No Stress Midwest, showing our clients that you can have fun while still getting better. By creating unique training and learning environments customized to the student-athlete, we feel that not only are we able to get the most out of the individual by creating a "No Stress" environment, we are also teaching them fundamentals that they can carry off the field and apply in their life.

If you feel that you would be a good fit for the No Stress Midwest Team please contact Bryan Turner. Bryan@nostressmidwest.com www.nostressmidwest.com