

FC Tulsa Work Experience Program

Job Title: Sports Performance Intern

Position Type: Internship - For College Credit Hours Only

Semester or Year-Long

Location: On-Site

Overview of FC Tulsa (FCT)

FC Tulsa is a professional soccer club competing in the USL Championship. We are driven by a culture of high performance, player development, and innovation both on and off the field. Our Sports Performance department is at the core of supporting our athletes and ensuring they are prepared to perform at their best.

Primary Duties & Responsibilities

- Player Load Monitoring
 - Operate and manage GPS tracking systems during training and matches.
 - Create and feed daily/weekly reports on player workload and wellness to inform coaching decisions.
- Neuromuscular Readiness
 - Operate force plates (VALD system) to assess readiness and track neuromuscular performance.
 - Report findings to the Head of Performance and integrate into training recommendations.
- Anthropometric Data
 - Assist in collecting, organizing, and maintaining anthropometric and body composition data.
 - Contribute to longitudinal tracking reports and athlete profiles.
- Academy Strength & Conditioning
 - Design and implement age-appropriate strength and conditioning programs for the Youth Academy.
 - Lead sessions that align with the club's long-term athlete development framework.

What You'll Gain

- Practical, hands-on experience in professional team operations.
- Insight into the inner workings of a USL Championship club.

- Mentorship and networking opportunities with club staff and league contacts.
- A meaningful role in helping deliver a first-class player and staff experience.

Educational Requirements

- Current enrollment in or recent completion of a degree in Exercise Science, Kinesiology, Strength & Conditioning, Sports Science, or a related field.
- Prior experience in high-performance, collegiate, or academy sport environments is a plus.
- Relevant certifications (e.g., CSCS) are advantageous but not required.
- Must receive academic credit through your college or university for participation.

Preferred Skills & Experience

- Strong foundational knowledge of sports science, strength & conditioning, and athlete monitoring systems.
- Familiarity with GPS tracking, force plates, and/or performance data analysis (preferred but not required).
- High attention to detail with the ability to produce clear, concise reports.
- Excellent communication skills and the ability to work collaboratively in a high-performance environment.
- Passion for youth development and professional soccer.

We are an equal opportunity employer and all qualified applicants will receive consideration for the internship without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic prohibited by law.