CrossFit Aggieland

2904 Cain Rd.
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I gave CrossFit Aggieland a five star rating because it was a great experience. I met fantastic people, that I can network with in the future. I not only learned, but participated in their daily operations. Also, they were willing to grant any wishes I had for the internship.
Words of Wisdom

- Work hard, have integrity, and do more than what’s asked of you, even if you don’t think anyone is watching because someone usually is.
Internship objectives

- Learn and engage in:
  - Logistics of daily management
  - Overall customer service experience
  - Coaching
  - Event planning, organizing and management
Daily Activities

- Check-in coaches and members for each class
- Clean gym, front room and bathrooms
- Shadow coaches
- Take inventory of drinks and supplies
- Restock supplements and merchandise
Project Description

CrossFit Aggieland’s in-house competition:

- CrossFit Aggieland hosted a members’ only competition. Although everyone was invited to attend and watch. We planned, organized and operated the whole event including: t-shirt design, workouts for the event, sponsors/vendors, event setup and tear down. The idea was not only to have a fun and exciting day of competition, but also to allow people experience in a real crossfit competition setting. Although it was in-house, it allowed are members to understand what it’s like to go through multiple workouts in one day. It gave various levels of experience. For some it was their first time doing anything of the sort, for others it was honing their skills for a bigger event in the near future.