

North Carolina Senior Games Internship Program



North Carolina Senior Games (NCSG) is the nation's premier senior Olympic-style program for adults 50 years of age and better. Since 1983, NCSG has implemented year-round health promotion and education programs, and now there are 60,000 year-round participants in 53 Local Games that serve all 100 counties in North Carolina. In addition to sports, Senior Games includes SilverArts, Cheerleaders and SilverStriders.

North Carolina Senior Games is looking for talented, energetic, innovative and team-oriented interns. NCSG offers internship opportunities in both paid and unpaid positions, depending on an intern's experience, skills, time commitment and availability. Summer interns must commit to assisting through the State Finals "Big Week" in the fall. Intern positions are located in the NCSG office in Raleigh and include hands-on planning and implementation for the annual State Finals events. Interns are required to secure their own housing for the duration of their internship.

Each internship experience is tailored to the student's interests. Potential Internship Concentrations include:

Public Relations: Nurturing and developing relationships with media throughout the Triangle and assisting with the production of all PR pieces, including newsletters, brochures, correspondence and website upgrades.

Event Management: Assisting with coordination for nearly seventy (70) activities at State Finals, including scheduling, correspondence, execution of activities, committee coordination and volunteer oversight.

Volunteer Management: Assisting with the coordination of over 900 volunteers for State Finals, from recruitment to confirmation and follow-up.

Development: Assist with individual contributor development including new and renewing contributors, follow-up, on-going communication, special programs and software.

We encourage creativity and innovation in order to expand and develop current initiatives and programs. The goal of this internship is not to get "pigeon-holed" into one set project or task, but for an intern to utilize his or her strengths. The goal for our team is to provide a comprehensive, educational and positive internship experience with an open line of communication on how our team can continue to make North Carolina Senior Games the best senior Olympics in the nation. We are seeking individuals who demonstrate confidence in their abilities and have the initiative to take project leadership on a daily basis.

All interested applicants should send a cover letter and resume to lynn@ncseniorgames.org.



2017 Intern

Sadaris Nichols

**B.S. NCSU PRT
Concentration**

My overall experience working for the senior games has been amazing. Working here has helped me tremendously with developing skills that will help me in my future profession. I first learned about the senior games when Mrs. Lynn Harrell, who is my supervisor and the Associate Director for NCSG came and spoke to my class. As I was listening to the details explained about the internship, I thought it would be another great opportunity to learn from professionals within this field. As an intern I learned so much from working with Mrs. Lynn, Hugh, Sandra, and Lauren. My daily tasks consisted of opening and filing entry forms, packaging and mailing the confirmations, and making deposits. Other major tasks I was responsible for consisted of sorting and packaging the medals for upcoming events, working on supply bags for events, and also working on the literary arts. The opportunity to work for NCSG has helped me to improve upon multiple skills that I can take with me as I pursue my career. These skills include better communication skills, adaptability towards different assignments, and the ability to work well and function with the other employees. Overall this experience is something I will take with me throughout my lifetime as well as the relationships I have gained throughout. NCSG is a great place for future interns to come and learn from experienced professionals. I appreciate the great opportunity.



2016 Intern

Lauren Presley

**B.S. NCSU PRT
Program planning**

Lauren Presley first learned about the North Carolina Senior Games when Mrs. Lynn Harrell came and spoke to her class during her freshman year. Lauren has always enjoyed working with seniors and wished to pursue a career where she's able to interact with them. Lauren began working for NCSG part time and she absolutely fell in love with all that NCSG had to offer. Her favorite part about interning for NCSG was learning how to schedule State Finals events. She worked closely with the Sports/IT Coordinator, Hugh Autry to schedule all 12 tournament sports. After graduating, she was offered a full time position as the Program Coordinator for NCSG. Lauren gained valuable experience while interning for NCSG. The skills she developed as an intern has helped her tremendously with her transition into the new role of Program Coordinator. She has really enjoyed her time at NCSG while working as an intern and wants to recommend individuals to intern here as well.



2015 Intern
Ashley Wilkat
**B.S. NCSU Public
Relations & Event
Planning**

Ashley Wilkat volunteered for the North Carolina Senior Games in 2015. Ashley was able to gain valuable experience while volunteering for the senior games and she was able to learn from professionals such as Mrs. Lynn Harrell. She enjoyed it so much that she decided to return to NCSG and complete her internship here for her Senior Project.

During her internship she worked mainly with communications. Ashley was in charge of editing and upgrading the Senior Torch Newsletter. She was also managed and updated the State Finals Press Kits.

This internship allowed Ashley to fulfill specific communication and Event Planning requirements. The experience she has gained throughout her time as a volunteer and an intern has helped her with her current profession.

As of 2017, Ashley is doing event planning for ESPN Wide World of Sports in Orlando, Florida. She credits the entire North Carolina Senior Games staff for welcoming her and teaching her all there is to know about working with an organization like this.

Ashley Wilkat would agree that the North Carolina Senior Games is a great opportunity to learn and to grow as a future intern.



2015 Intern
Elle Langdon
**NCSU Sports
Management**

Elle Langdon is currently a senior at North Carolina State University majoring in Sport Management. Her interest is in Non-profit programming.

She has always had an interest in the senior population which led her to NCSG for more experience. During her visit she was able to meet the staff and developed a good relationship with them.

So when it came to choosing a place to intern she was given the opportunity to come in for NCSG. She interned during the fall semester and her responsibilities entailed intensive State Finals preparation including: planning, organizing, and gathering supplies for events.

She was also responsible for making all of the tournament brackets prior to each event. During the events she roved at many events with other staff members to ensure all participants and volunteers had what they needed.

She really enjoyed interacting with the participants. The participants all seemed to have a lot of questions about the brackets which she enjoyed talking about.

This internship has had a major impact on Elle as she is currently working towards graduating from NC State. The internship has taught her a lot and has prepared her for what to expect as she enters the real world and starts planning for her future profession.

She would recommend those looking for an internship to come and interview at NCSG. It has been a great opportunity for her as well as past interns.