



FLG Lacrosse, Inc.
345 Main Street
Suite 8
Huntington, NY 11743

“Join FLG ‘For the Love of the Game’ Lacrosse, and experience joy at work. There will be no coffee fetching, paper scanning, or time wasting. At FLG, do work that matters. Share your passion for sports. Work hard. Gain valuable experience. Build relationships. Grow as a young professional. Take a step closer to what you want to do for a career. That’s what our FLG Internship Program is all about!”

–Corey Winkoff, Program Director, FLG Lacrosse

Internship Description

The FLG Lacrosse Internship program is an opportunity for collegiate students in the sports management, marketing, digital media, or sports journalism fields. FLG Lacrosse interns not only assist our full-time staff, but will cultivate working relationships and friendships. Currently, FLG Lacrosse is seeking Sales, Social Media Marketing Interns, Journalism Interns, Video/Photography Intern, Graphic Design Intern as well as, Analytics Intern. Responsibilities and qualifications for both positions can be found towards the bottom of this document. But, first! Please see why FLG Lacrosse is a great place to learn and grow!

Why Intern at FLG Lacrosse?

- One of the most organized and experienced lacrosse teams and events companies in the business
- Include fastest growing teams, events, and ‘media’ companies in the sport
- Located in Huntington’s Village, the FLG Lacrosse office is in the most happening and walkable villages on Long Island
- Be a part of projects that are tangible, impactful, and that you can be proud of
- You will get great working experience in a company that surrounded by influential and passionate people
- Learn valuable life lessons that will benefit you in the business world
- Be given a voice so you can share your ideas, insights, and thoughts
- Learn the importance of staying organized and being prepared on a daily basis
- Invaluable learning experience that includes different aspects of running sports teams, event operations, marketing, and social business
- Become part of a company that cares about their employees, their customers, their families, and their alumni
- Learn the importance of communication through different forms of media, which include telephone, eMarketing, messaging, Social Media, and in-person meetings
- Become part of an alumni network that stays connected and supports one another in their collegiate and professional careers

Internship Dates: Seeking interns for the Fall, Winter, and Spring Semesters



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Sales/Marketing/Analytics Position

Duties and Responsibility's

- Calling local businesses and regional companies for advertisement space
- Calling people within the lacrosse community for tournaments and training
- Following up with potential clients daily
- Checking email marketing campaigns daily
- Researching and finding contacts for potential advertisers
- Calling local and regional club teams for FLG events
- Calling past and future clients for FLG Training Programs
- Assisting our full-time staff in planning events
- Develop, target, and send promotional materials for FLG Lacrosse media, training, teams, and events
- Event promotions using different forms of media
- Developing relationships with potential advertisers
- Developing relationship with local and regional club directors
- Developing relationships with people from the Long Island Lacrosse Community
- Entering Stats and data with accuracy into our computer software (Spring)
- Contacting and communicating with High School coaches daily
- Researching players and team information
- Putting in rosters, statistics, and schedules into our computer software (Spring)
- Calculate and publish rankings including RPI Monitoring the impact of social media and marketing plans



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- Posting daily content on all FLG Social Media Platforms using Hootsuite
- Creating images using Canva
- Studying and creating analytic reports on FLG Media Outlets.

Qualifications

- Basic computer skills with Microsoft Office and possess strong typing skills
- Experience with Sale software such as Pipedrive is a plus
- Self-motivated and willing to give a little more if needed
- Sales experience is a plus
- Must be willing to work flexible hours
- Understanding of Sports
- Must possess a strong work ethic and eagerness to work in the sports industry.
- Prior experience playing for or working with or on a sports team/program
- Knowledge of the business of sports is a plus
- Diligent understanding of sports
- Knowledge of Lacrosse is a plus
- Professional, responsive, and resourceful
- Strong organizational and research skills
- Solid interpersonal, oral, verbal, and communication skills
- Excellent attention to detail; ability to prioritize assignments
- Problem solving and critical thinking abilities
- Able to work effectively as an independent contributor and collaborative team member
- Outstanding customer service experience with ability to proactively anticipate and provide solutions to customer needs
- Willingness to learn
- Available to work nights and at home



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Videography/Photography Position

Duties and Responsibility

- Assist in social media efforts for FLG Lacrosse
- Manage all aspects of video production for promotional videos, commercials, highlights, and much more
- Compile and organize video highlights and pictures from all FLG events, training programs, select team tournaments, and long Island high school games
- Must attend high school lacrosse games 2-3 times a week (In the Spring)
- Generate creative content using photography, video, and digital design
- Assist in the production of our live streaming services
- Plan out and assist FLG directors for weekly agendas involving social media, livestreaming content, and high school lacrosse events
- Create content for our websites using Adobe software or products

Qualifications

- Proficient with video editing and photo editing software (i.e. Final Cut Pro & Adobe Photoshop)
- Should be interested in media relations, communications, and social media
- Must possess a strong work ethic and eagerness to work in the sports industry
- Self-motivated and willing to give a little extra
- When starting a project or assignment, we expect you to finish it
- Professional, responsive and resourceful
- Strong organizational and research skills
- Excellent attention to detail; ability to prioritize assignments
- Problem solving and critical thinking abilities
- Able to work effectively as an independent contributor and collaborative team member
- Prior Internship experience is a plus
- Majoring in Communications, Graphic Design, Photography, or Sport Management
- Be able to work nights and at home
- Must have a form of transportation to game

Requirements Please submit a portfolio of previous photographer/videographer work to rmyers@flglacrosse.com



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Journalism Position

Duties and Responsibility's

- Work with FLG Directors to develop digital publications, including online lacrosse magazine, write-ups, previews, analysis, rankings, and much more
- Attend high school lacrosse games 3-4 times a week and write articles/blogs recapping the game (Spring Internship Only)
- Responsible for writing previews for our digital high school preview
- Responsible for writing weekly content on FLG Media Outlets
- Interviewing players and coaches
- Taking thorough notes during interviews and games
- Publishing articles through WordPress and GTxcel software

Qualifications

- Basic computer skills with Microsoft Office and possess strong typing skills
- Self-motivated and willing to give a little more if needed
- Willing to work flexible hours
- Prior experience playing for or working with or on a sports team/program
- Knowledge of the game of lacrosse
- Professional, responsive and resourceful
- Strong organizational and research skills
- Strong writing skills
- Solid interpersonal, oral, verbal, and communication skills
- Excellent attention to detail; ability to prioritize assignments
- Problem solving and critical thinking abilities
- Able to work effectively as an independent contributor and collaborative team member
- Majoring in Journalism, Communications, or Sports Management

Requirements

Please submit a write up that you did involving sports from previous course work, or from previous work experience to rmyers@flglacrosse.com



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Graphic Design Position

Duties and Responsibility's

- Provide graphic designs that support the digital marketing team including designing digital assets to support social media campaigns across FLG Media Outlets.
- Create digital designs for weekly FLG Content
- Design templates and graphics to be used for FLG Social Media Posts and Cover Images for Articles on our website
- Create viral Lacrosse content
- Collaborate with marketing, social and sales teams to ensure a full understanding of creative objectives and ensure they are executed accurately.
- Keeping up with latest trends in the game of lacrosse.
- Create logos and custom elements for FLG Media
- Build out elements for multiple digital platforms
- Developing relationships with influencers in the lacrosse community

Qualifications

- Proficient with photo editing software (i.e. Final Cut Pro & Adobe Photoshop)
- Should be interested in sports and social media
- Must be proficient with social media
- Must possess a strong work ethic and eagerness to work in the sports industry
- Self-motivated and willing to give a little extra
- Willing to work flexible hours which might include weekends and nights
- Must be willing to do some work at home
- When starting a project or assignment, we expect you to finish it
- Professional, responsive, and resourceful
- Strong organizational and research skills
- Excellent attention to detail; ability to prioritize assignments
- Problem solving and critical thinking abilities
- Able to work effectively as an independent contributor and collaborative team member
- Prior Internship experience is a plus
- Majoring in Communications, Graphic Design, Photography, or Sport Management

Requirements

Please submit previous graphic design work from either a prior internship, or from your course work to rmyers@flglacrosse.com



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Get Involved Today!

College Credit

FLG Lacrosse currently works with local colleges to apply work hours accumulated through our company towards college credit. The amount of credits earned is determined by your school. Students are responsible for the following items to get college credit:

1. Track your hours via Google Docs and achieve the required work hours over a 6 to 15-week period
2. Maintain a 3.0 GPA or Higher
3. Be eligible to receive college credit
4. Provide your school with an unofficial transcript
5. Work with your school to establish a semester long Online Course
6. Submit any papers or assignments through your online course

Career Enrichment

FLG Lacrosse has an outstanding reputation in the lacrosse industry. Interns will meet and interact with people who work with FLG Lacrosse and are influential in our industry. Interns will establish online profiles that foster further relationships and opportunities in the sports and entertainment industry.

How to Apply?

Email your resume, cover letter, and/or Linked in profile to rmyers@flglacrosse.com or cwinkoff@flglacrosse.com. Please address the email to Corey Winkoff, Program Director of FLG Lacrosse or Ryan Myers, Director of Media and Events for FLG Lacrosse. Qualified candidates will be contacted for a phone call. Please be sure to specify which position you are applying for in the email subject line when you submit your resume, cover letter, LinkedIn profile, and required material for certain positions.



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