**MASTER INSTRUCTOR TEAM CAMP APPLICATION 2018**

**Miami, Florida, USA**

**May 25-30, 2018**

**The worldwide team of Master Instructors for the Spinning® program is made up of 150 experts with demonstrated fitness industry experience, outstanding professionalism and exemplary knowledge of the Spinning program. It's a rewarding position for top fitness professionals, and this year there are openings in select areas.**

If you have a strong desire to train instructors, further Spinning program education and be an overall ambassador to Mad Dogg Athletics and the Spinning program, please see the following information about the team details, eligibility prerequisites, other qualifications and video requirements.

**Eligibility Prerequisites**

* Current status as a certified Spinning instructor with at least three years’ experience
* Completion of at least three Spinning continuing education courses
* Level 2 or Level 3 status
* Thorough knowledge of the Spinning program's bike setup and safety guidelines, movements, terminology and contraindications.
* Current position at a fitness facility teaching Spinning classes.
* Cycling experience (competitive or recreational)
* Fluent in oral and written English
* Experience as a presenter/speaker (in the fitness field or other field)

**Master Instructor Position Details**

Spinning program Master Instructors are independent contractors who fulfill part-time, fee-for-service positions. The main role is to present Spinning Instructor Certifications and continuing education workshops on weekends. Fees vary, depending on the assignment. Full details about the fee schedule will be provided to applicants who meet the basic requirements.

**Application Process**

The first step in the process is the application and audition video as described on the following pages. The top candidates will be scheduled for phone interview. The final candidates selected will be invited to attend a Master Instructor Camp. **The** **application deadline is March 2, 2018.** Please see the following pages for further details.

**Master Instructor Camp**

**Location:** Intercontinental Hotel, Miami, Florida, USA

**Dates:** Camp begins in the evening on Friday, May 25 and will end on Wednesday, May 30

**Fee:** $1,500.00

Candidates are responsible for covering the costs of their travel expenses, lodging arrangements, and meals. More details about the Camp will be provided after the selection process begins. The Camp ends just prior to the World Spinning® and Sports Conditioning Conference (WSSC), taking place in the same hotel. Candidates are encouraged to stay and attend WSSC. Camp Candidates are provided a complimentary registration for the conference.

**MASTER INSTRUCTOR TEAM AUDITION VIDEO - Part 1**

**Videos should be submitted in English via an online video platform or link only. DVDs, CDs, etc. will not be accepted. Carefully follow the format below. Please do not submit previously recorded rides that you may have; we require the format outlined below. Do not use music during any of the videos.**

**Section 1—SELF INTRODUCTION: 5 minutes**

Give a brief introduction of yourself. Who are you and what moves you to become part of the Spinning®

Master Instructor team? What will you contribute to the MI team and what makes you stand out from the rest of the applicants?

**Section 2—PRESENTATION: 5 minutes**

Choose one (1) of the following topics and present a 5-minute PowerPoint presentation on each. We are evaluating the content, the PPT quality and your lecture skills.

* **Explain different training thresholds**
* **Spinning Instructor team and teamwork**
* **Pedal stroke**
* **Target groups in the Spinning program and their needs**
* **Official Spinning Centers**
* **Health and fitness**

**MASTER INSTRUCTOR TEAM AUDITION VIDEO - Part 2**

**Section 1—FORM: 10-15 minutes**

During this segment we will evaluate your riding skills and technique for each Spinning movement. Briefly demonstrate the following movements in this order: Seated Flat, Standing Flat, Jumps, Seated Climb, Standing Climb, Sprints, and Sprints on a Hill. As you ride, describe proper form, hand position(s) and cadence range for each movement.

**Section 2—BIKE SETUP: 6-10 minutes**

Use a friend or colleague for this segment. Lead him or her through all components of bike setup including: a description of the fixed gear and how to brake using the resistance knob, seat height, seat fore/aft, and handle bar settings. Describe all important aspects of how the bike should be set for that person. Also provide safety instructions, which should include pop pins, toe straps, water bottle, towel, heart rate monitors, etc.

**Section 3—COACHING AND ENERGY ZONES: 10-15 minutes**

You will need one or more friends/colleagues to ride in this class while you demonstrate your instructional techniques and coaching skills. Begin this segment by introducing yourself and stating the Energy Zone™ that you have chosen. Describe the objective of the ride.

Have your subjects ride any movements you choose (at least two) while you coach their form and technique. Demonstrate your ability to spot errors, to communicate instructions clearly, to motivate your students and, at some point during the ride, to coach off the bike. Note: You do not want subjects who ride perfectly—we want to see your ability to spot and correct errors such as bouncing in the saddle, pointed toes, leaning on the handlebars, pedaling too fast, etc. ***Remember: do not use music.***

We will be evaluating your delivery and speaking skills in terms of vocal clarity, tone, pace, and projection and the use of creative visualization to set the mind/body arena.

**Important:**

* Do not use music in any of the videos.
* Be sure that the lighting and sound are sufficient so that we can see and hear you clearly.
* Do not submit hard copy formats like DVDs or CDs. Online digital formats only such as .mov, .wmv, .mp4, etc. will be accepted.
* Video footage beyond the maximum indicated time for each of the above sections will not be viewed.

**Submit application to: Luvia Montelongo** [***LMontelongo@maddogg.com***](mailto:LMontelongo@maddogg.com)

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**DEADLINE: March 2, 2018. Sorry, no exceptions.**