

# THE SPORTS INTERN

## INTERN INSIGHTS

### JANE D. HALPERN

UNC - Chapel Hill  
Junior

#### RECENT EXPERIENCE

**UNC – Chapel Hill**  
Athletic Training Intern

*As an Athletic Training Intern, a typical in-season day for Jane begins around 6 AM with pre-practice treatments and assisting athletes in their preparation. She helps set up hydration stations and safety equipment for practice. She returns in the afternoon to help with post-practice treatments and recovery sessions.*

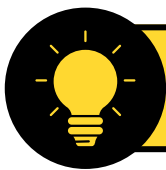
*In the off-season, her role involves more treatment time, where she gains more hands-on experience in sports medicine by working closely with medical staff on individualized athlete care.*

#### PRIOR EXPERIENCE

**Legal Intern** with Pamela Higer-Polani,  
Attorney at Law

#### DREAM JOB

**Legal Counsel for the FIA or IOC**



#### JANE'S TIPS

- Pursue opportunities that align with your interests because recruiters can tell when you're genuinely passionate about a role.
- Dream positions often require dedication, long hours, and sometimes stepping out of your comfort zone.
- Even if a role isn't your ideal job, gaining experience and exposure in the industry is crucial. Every opportunity is a stepping stone toward your ultimate career aspirations.