



THE SPORTS INTERN

INTERN INSIGHTS

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➤ INTERNSHIP RECAP:



Isabella Calabrese is a **Graphic Design Intern** for the **Sarasota Paradise** (USL League One). She has also interned for the **Pittsburgh Penguins** and **Pirates**. In her graphic design role, Isabella doesn't just create game day graphics. She also contributes to the unsung design pieces that support the entire operation and shape the fan experience such as media guides, arena/field boards, and special social media posts for merch or event announcements.

➤ KEY TAKEAWAYS:

Isabella primarily learned about the importance of **time management**, **prioritization**, and **efficiency** in a fast-paced environment.

Due to the nature of how many games are played throughout the season, some projects have a very quick turn around and templates are built prior to the beginning of the season.

Learning to balance the demands of the job's varying deadlines as well as managing the workload while having academic responsibilities is key.

Using Canva more strategically and proficiently helped her produce high-quality content under tight deadlines.

➤ BEYOND THE INTERNSHIP:

- **Dream Job:** Graphic Designer for a baseball team
- **Best advice received:** Don't be afraid to ask questions or network with people within your industry



ISABELLA'S ADVICE

It's important to follow people who work for the teams you're interested in on LinkedIn to see if they (or their associated team) post any openings.

Check job boards for openings, which have several postings daily.