Thank you for your interest in applying to the summer 2025 [**Jim P. Manzi '73 Fellowship**](https://www.colgate.edu/success-after-colgate/career-development/internships-fellowships/summer-funding/jim-p-manzi-73) at **[InnerCityWeightlifting](https://urldefense.com/v3/__http%3A/www.innercityweightlifting.org__;!!BpyFHLRN4TMTrA!rQwW0y_HrjSXuJq2RyPf7q5PPJ2-6iIeEBO5X0bwnB5BTliSUanbn1VbqKvvdnV_fhKrLw$)**, in the general Boston area. **Please read the following information carefully before applying.**

Successful candidates will be paired with one of the listed non-profit organizations to complete a 10-week summer fellowship. Summer 2025 Manzi Fellows will receive housing for the duration of their experience and a $3,500 stipend to subsidize their living expenses for the summer.

**Eligibility:**The Manzi Fellowship is open to first, second, and third-year students as well as seniors who will graduate in December 2025. Your resume must be certified this academic year before the application deadline to be eligible for consideration. (You can schedule an appointment to have your resume reviewed by calling 315.228.7380 or visiting [www.colgate.edu/ccsadvising](http://www.colgate.edu/ccsadvising).)

**The application deadline is February 10, 2025 at 11:59 p.m. EST**. Late applications will not be considered.

It is highly recommended that you take time to reflect on your interest in pursuing a direct service internship, specifically in support of the population served by the organization you preference. The selection committee will seek to understand your motivation for engaging in such an experience, how you hope to grow through the experience, and how you demonstrate the maturity necessary to be an asset to these organizations and their clients.

Questions about the Manzi Fellowship can be directed to Laura Cook at internship@colgate.edu.

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InnerCity Weightlifting is a 501(c)3 nonprofit with the mission of amplifying the voice and agency of people most impacted by mass incarceration and systemic racism.

ICW 's mission is to work with people who have been stigmatized by the judicial system without consideration of an individual's context, circumstance, or humanity. They certify participants in their program as personal trainers. As they begin training clients at their gyms, students not only gain economic mobility, but more importantly, power dynamics flip.  Here's an [ESPN Feature](https://www.youtube.com/watch?v=FEtI6QCmS-4&t=266s) and a [90 second promo video](https://www.youtube.com/watch?v=16mJefldXc0).

InnerCity Weightlifting (ICW) Internship description:

Operating a Social Enterprise focused on Personal Training is part of their nonprofit model. They have five locations in the Boston area and **travel between the sites may occur throughout the 10-week internship.**

**Data and Impact**

-Assist in collecting information; use that experience to refine process for data collection

-Make recommendations for what data to capture and methods to capture nuanced data

-Develop formatting for data presentations

-Assist with Salesforce software used to track Program Participant data; adapt system to meet goals

**Revenue and Growth**

-Assist in thinking through corporate strategy

-Increase personal training clients from each company

-Identify/work with ICW team to develop materials and information to share with potential ICW champions at local companies

-Assist in thinking through personal training client strategy

**Front Desk and Operations (10-15% of the time)**

-Assist in enhancing the experience of each client at ICW

-Assist with daily gym operations

-Answering phone

-Working with clients on scheduling and questions

-Keeping the gym clean

-Working with staff on one-off tasks and projects

Essay Questions:

Manzi Fellows contribute to the work and mission of community-based organizations, which largely serve marginalized urban populations. Approximately 80% of each student's internship is expected to be direct service -- rolling up your sleeves and working directly with individuals the organization serves. The remaining  20% of an intern's time is expected to complete projects that will provide insight to the non-profit's operations. With this in mind, please respond to the following questions.

Based on InnerCity Weighlifting's mission, in 300 words or less, please explain why you feel that you would be a good fit for this internship opportunity.

Briefly describe one example of campus or community involvement that exemplifies your interest in, and commitment to, community service or to working with the population served. Please respond using 300 words or less.

Please describe a time when you have held a position of privilege relative to another individual with whom you had to build trust and rapport. How did you handle that situation? What did you learn or takeaway? Please respond in 300 words or less.

Please describe how participating in the Manzi Fellowship would contribute to your personal or professional growth. What do you hope to learn, or what skills do you hope to gain from participating in this fellowship? Please respond in 200 words or less.

Reminder: All applicants are required to have their resume certified by the application deadline of February 10, 2025.