

## Total Sports Internships (2026 / 2027) New Application

### Description

The Total Sports Internship Program offers a structured learning experience for individuals passionate about the sports industry. Interns will have the opportunity to work in various departments within our organization, gaining valuable exposure to retail operations, customer service, sales, marketing, inventory management, and more. Through this program, interns will develop essential skills and knowledge while contributing to the success of Total Sports.

### Responsibilities

- Support day-to-day operations in assigned departments, including sales floor assistance, product merchandising, inventory management, and customer service.
- Assist in maintaining visual standards and ensuring a clean and organized store environment.
- Engage with customers, provide product information and recommendations, and deliver exceptional service to enhance the shopping experience.
- Support marketing initiatives and campaigns, both in-store and online, to promote products, events, and promotions.
- Contribute to social media content creation, including writing engaging captions, capturing product photos, and monitoring engagement.
- Assist with stock management, including receiving, unpacking, and organizing merchandise shipments.
- Collaborate with team members to achieve sales targets and assist in analyzing sales data and trends.
- Participate in training sessions and workshops to enhance product knowledge and sales techniques.
- Contribute to creating a positive and energetic work environment that reflects the Total Sports brand image.
- Adhere to company policies and procedures, including health and safety guidelines.

### Qualifications

- Currently enrolled in or recently completed a relevant degree program in sports management, retail management, marketing, or a related field.
- Passion for sports and a good understanding of different sports products and brands.
- Excellent interpersonal and communication skills, with a customer-focused mindset.
- Strong organizational skills and attention to detail to ensure accurate and efficient store operations.
- Ability to work effectively in a team environment and collaborate with colleagues at all levels.
- Basic knowledge of social media platforms and digital marketing principles.
- Proactive attitude, flexibility, and a willingness to learn and take on new challenges.

### Hiring organization

TotalSports

### Employment Type

Intern

### Duration of employment

3 Months

### Industry

Recreational Facilities  
& Services

### Job Location

Johannesburg, Gauteng, South Africa, 2000, Johannesburg, Gauteng, South Africa

### Working Hours

09

### Date posted

August 15, 2026

### Valid through

14.02.2028

- Availability to work a flexible schedule, including weekends and holidays, based on the needs of the store.
- Prior experience in retail or customer service roles is advantageous but not required.

## **Job Benefits**

- **Practical Experience:** Interns have the opportunity to gain hands-on experience in various aspects of sports retail. They can apply their theoretical knowledge to real-world situations, develop practical skills, and understand the operational dynamics of a sports retail environment.
- **Skill Development:** The internship program at Total Sports focuses on enhancing interns' skills relevant to the sports retail industry. This includes customer service, sales techniques, inventory management, visual merchandising, and marketing. Interns can acquire and refine these skills under the guidance of experienced professionals.
- **Networking Opportunities:** Internships provide interns with the chance to build professional relationships with industry experts, colleagues, and mentors. They can expand their professional network, receive guidance, and gain insights into potential career paths within the sports retail industry.
- **Career Exploration:** The Total Sports Internship Program allows interns to explore different departments and roles within the organization. This exposure helps interns gain a comprehensive understanding of the various career paths available in sports retail, aiding them in making informed decisions about their future careers.
- **Personal and Professional Growth:** Internships provide a platform for personal and professional development. Interns can develop essential workplace skills such as communication, teamwork, problem-solving, and time management. They also have opportunities to build confidence, adaptability, and professionalism.
- **Mentorship and Guidance:** Interns at Total Sports receive mentorship and guidance from experienced professionals who can provide valuable insights and advice. Mentors can support interns in setting goals, identifying areas for improvement, and navigating challenges during their internship.
- **Potential Employment Opportunities:** Successful completion of the internship program may open doors to future employment opportunities within Total Sports. Interns who demonstrate exceptional skills, dedication, and cultural fit may be considered for full-time or part-time positions within the organization.

## **Contacts**

- **Research:** Visit the TOTAL SPORTS website or other official sources to gather information about the internship program. Look for any specific requirements, application deadlines, and instructions.
- **Prepare your documents:** Update your resume to highlight your relevant education, skills, and experiences. If required, prepare a cover letter expressing your interest in the internship program and explaining why you are a suitable candidate. Gather any additional documents or certifications that may be requested.
- **Contact TOTAL SPORTS:** Reach out to the Human Resources Department of TOTAL SPORTS to inquire about internship opportunities and obtain any additional application instructions. You can find their contact information on their website or by conducting an online search. Alternatively, you may find specific application instructions listed on their website.
- **Submit your application:** Follow the application instructions provided by TOTAL SPORTS. This may involve submitting your resume, cover letter,

and any other required documents via email or an online application portal. Pay attention to any specific formatting or file requirements mentioned.

- **Follow up:** After submitting your application, consider following up with the Human Resources Department to confirm receipt of your application and express your continued interest in the internship program. This demonstrates your enthusiasm and professionalism.
- **Interview process:** If your application is shortlisted, TOTAL SPORTS may invite you for an interview. Prepare for the interview by researching the organization, reviewing common interview questions, and practicing your responses. Dress professionally and arrive on time for the interview.
- **Acceptance or rejection:** Following the interview process, TOTAL SPORTS will inform you of their decision. If you are accepted into the internship program, carefully review any offer or agreement provided. It may outline the terms and conditions of your internship, including start date, duration, compensation (if applicable), and any additional requirements.