



Colby Sawyer
College

Exercise and Sports Science Fellowship Position Description

Fellowship Organization: Colby College

Fellowship Position Title: Strength and Conditioning Fellow

Fellowship Address: 4900 Mayflower Hill Dr. Waterville, ME 04901

Fellowship Supervisor Name: Greg Cox



Fellowship Organization Information:

Colby is a member of the New England Small College Athletic Conference (NESCAC) and has 28 intercollegiate sports that compete at the Division III level, and 4 programs (men's and women's Alpine and Nordic Skiing) that compete at the Division I level. The department also hosts a variety of club and intramural sports. Over one-third of Colby's 2,000 students participate in intercollegiate sports, and in total, nearly three-quarters are involved in fitness and recreation activities in the department. The College recently completed the construction of a new, state-of-the-art athletics complex, now open and destined to be among the best Division III facilities in the country. The 350,000 square-foot athletics center includes an indoor track and field competition center, aquatic center with Maine's first 50-meter pool, squash center, gymnasium, hockey arena, strength and fitness center, training rooms, and coaching suites. Additionally, the College recently opened a 70-acre-plus outdoor competition center that consists of three gleaming new competition and recreational fields that are also among the finest outdoor venues in Division III.

Fellowship Responsibilities:

- Will be responsible for the direct programming, scheduling and coaching of one or more varsity teams.
- Work with Head and Assistant Strength and Conditioning Coaches to create a positive, encouraging, and competitive environment for student athletes.
- Professionally interact with members of the Peak Performance Team (athletic trainers, physical therapists, medical doctors, dieticians, sports psychologists, and sport scientists)
- Abides by and complies with National Collegiate Athletic Association (NCAA) and New England Small College Athletic Conference (NESCAC) rules, academic standards, requirements, and policies of the College, and all guidelines and policies of the Athletics department and reports any concerns of compromise or violation of rules, standards, guidelines or policies to the Director of Athletics
- Contributes to a work environment that encourages knowledge of, respect for, and development of skills to engage with those of other cultures or backgrounds
- Contributes to the overall success of the College's intercollegiate, club and recreational athletics programs by performing all other duties and responsibilities as assigned
- Other duties assigned

Qualifications / Pre-requisites:

- Bachelor's degree is required with an emphasis in Exercise Science, Exercise Physiology, or Physical Education, and working towards a Master's Degree in the respected field.
- Current Certification as a Certified Strength and Conditioning Specialist (CSCS) or Strength and Conditioning Coach Certified (SCCC) **OR** must have proof they are working towards one of the above. (Proof of registration for appropriate exam within the first 60 days of employment)
- Current CPR/First Aid certifications required and must be maintained throughout the course of employment in this position
- Scope of the position requires the ability to perform and/or demonstrate various physical strength exercises and to assist others performing those exercises in a group setting
- Excellent communication skills, supervisory, and management skills are required

Tentative Fellowship Schedule:

- Monday – Friday
 - Operational Hours of the strength and conditioning department are 6:45am – 6:15pm. The Fellow will be scheduled for a maximum of 20 hours per week. Exact hours will be determined by the scheduling of assigned teams.
- No Weekends (unless to attend a team competition – required to attend at least one competition for assigned team(s))

Compensation

- In addition to the opportunity to gain experience in the collegiate setting, Fellowship students will have the opportunity to obtain \$10,000 stipend.