



### **Fellowship Opportunity Londonderry High School**

**Fellowship Address:** 295 Mammoth Rd. Londonderry NH 03053

**Fellowship Supervisor:** Michelle Hart-Miller ATC-L , CSCS

This is an opportunity to work specifically in the high school setting with an established strength and conditioning program. Our program serves all teams and individuals interested in athletic development. We gear our programs to improve movement capacity and teach technique following a system of progressions and regressions as needed with the goals of reducing injury and improving individual and team performance. We set up our college bound athletes prepared for the next level and we set up our non college bound athletes prepared for continuing a healthy lifestyle.

You will have the opportunity to have input on developing programs, supervise and instruct athletes participating football, lacrosse, hockey, track, field hockey, soccer, basketball, wrestling, baseball and softball both in season and off season programs. You will also have the opportunity to work with athletes rehabilitating from injuries.

We pride ourselves on the opportunities our facilities provides including a track, 9 power racks, AnCore Trainers, adjustable cable columns, Assault Bikes, Slide Boards, Medicine Balls, indoor and outdoor turf areas, sleds, Arena Gear Timers, Jump Mats using the Plyomat system and the use of Team Builder to implement and track programming.

This is a very rewarding population to work with as you have the opportunity to make a lifelong impact on the development of these athletes. You need to be patient, organized, have the ability to make adjustments quickly, be stern but fun and feel comfortable working with larger groups.

Minus holiday and vacation weeks, typical hours vary from season to season but generally preparation begins at 1:30pm and final groups finish between 5-7pm.