



Colby Sawyer
College

Exercise Science Fellowship Position Description

Fellowship Organization: Proctor Academy

Fellowship Position Title: Strength and Conditioning Intern

Fellowship Address: 204 Main Street Andover, NH

Fellowship Organization Information:

Proctor Academy is a coeducational, independent preparatory boarding school for grades 9–12 located in Andover, New Hampshire. Taking inspiration from our motto, “Live to Learn, Learn to Live”, Proctor Academy creates a diverse learning and living community: one that values the individual and recognizes the potential of each member to stretch beyond what had been thought possible.

Set on 2,500 acres of woodlands and nestled between Ragged Mountain and Mount Kearsarge, Proctor’s educational philosophy mirrors the land on which it sits: hands-on, adventurous, student-centered, with a deep commitment to environmental sustainability.

Proctor’s athletics program encourages participants to practice the school's core values by demonstrating sportsmanship while striving to attain competitive excellence.

Varied offerings (39 competitive teams) provide growth promoting experiences, preparing participants for success as they develop competencies through collaboration with others to achieve personal and group goals.

Fellowship Responsibilities:

Responsibilities may include:

- Oversee and Supervise Fitness Center
- Devise and implement a year-round strength and conditioning program for a population of athletes that participate in multiple sports in the same year
- Conduct in-season team workouts focused on sport-specific movement, maintenance, agility, and quickness
- Lead preseason team workouts focused on preparation for an upcoming season
- Develop and implement injury prevention routines to be adopted by coaches and teams
- Offer post practice/competition recovery sessions

Qualifications / Pre-requisites:

Bachelor's Degree, CSCS or NSCA

Tentative Fellowship Schedule & Compensation *(If Applicable)*:

Schedule can be flexible. Likely hours are:

- Monday, Tuesday, Thursday, Friday: 3:30 pm – 7:30 pm
- Wednesday: 12:00 – 2:00 or 5:00 – 7:00

Proctor Academy will provide room and board