



Colby-Sawyer
College

Exercise and Sports Science Fellowship Position Description

Fellowship Organization: Boston College

Fellowship Position Title: Strength & Conditioning Coach

Fellowship Address: Conte Forum 140 Commonwealth Ave. Chestnut Hill, MA 02467

Fellowship Supervisor Name: Will Franco



Fellowship Organization Information:

At Boston College Strength & Conditioning, we are committed to offering our athletes the best possible experience. We want each and every athlete to have every tool to develop physically, psychologically, technically, and tactically. This means providing a knowledgeable staff that is available to answer questions throughout the year. One way we fulfill these goals is through our strength and conditioning program. We are proud to say we have hired and trained some of the best coaches in the area, and are continuing to recruit and develop the next generation of great strength & conditioning coaches.

From weekly professional development seminars, to one-on-one program design guidance, to the responsibility of taking over one of our varsity teams, the Boston College Strength & Conditioning Fellowship Program is a rare opportunity in this field for young, aspiring coaches to get real hands-on experience with national-caliber athletes and coaches.

Fellowship Responsibilities:

Boston College is seeking qualified applicants for a Strength & Conditioning Graduate Fellowship position.

Each successful candidate will be assigned 2-3 varsity athletic teams to design and implement year-round strength and conditioning programs.

There will be direct mentoring from the Director and Assistant S&C coaches via daily and weekly staff meetings and performance reviews that will cover an extensive education curriculum and professional development activities.

The fellowship program includes experience with Catapult, Whoop and Sparta force plate technology.

The expected outcome of this assignment is that each candidate gain the necessary competencies and become prepared to excel as a successful Strength and Conditioning coach.

Qualifications / Pre-requisites:

Each candidate should hold or be working toward a CSCS.

Experience in training or coaching in a structured environment along with a willingness to self educate, with direction, is preferred as is attendance at team games.

Tentative Fellowship Schedule:

The Fellowship Manager will work with the Fellowship student to develop a schedule when team assignments are completed. Fellows are expected to complete at least 15-20 hours per week.