



Colby-Sawyer
College

Exercise Science Fellowship Position Description

Fellowship Organization: Colby-Sawyer College

Fellowship Position Title: Strength and Conditioning Fellowship-Athletics

Fellowship Address: 541 Main Street New London NH 03257

Fellowship Supervisor Name: Kendra Laplume- Fitness Center Coordinator

Fellowship Organization Information:

Colby-Sawyer is a dynamic and innovative liberal arts and sciences college located in the scenic Lake Sunapee Region of central New Hampshire. Colby-Sawyer Athletics promotes and values a competitive atmosphere where student-athletes may experience growth personally and athletically. Colby-Sawyer is home to 23 varsity NCAA Division III men and women's sports.

Fellowship Responsibilities:

The graduate fellow will work with the Fitness Center Coordinator to provide strength and conditioning programming to the varsity athletic teams. The fellow will work an average of 20 hours/week during the academic year. The fellowship major responsibilities will include:

- Support, design, and implement strength and conditioning programming for 3-4 athletic sport/teams per season (Winter, Spring, Fall).
- Specifically working with 3-4 teams out of season building a foundation of proper weightlifting techniques as well as support with nutrition education, mobility, speed, and agility training.
- Assessing current varsity weight room and providing recommendations on ways to improve current facility/equipment and how to use in a way to maximize student experience.
- Attending staff meetings and participate in the fellowship curriculum designed to provide the fellow with the tools that will help they obtain a full-time position after their fellowship has concluded.
- Work with supervisor to determine other responsibilities/priorities for the role.

Qualifications/Pre-requisites:

- CPR/First Aid Certificate
- Certificate from either the Collegiate Strength and Conditioning Coaches Association (CSCCA, SCCC) or the National Strength and Conditioning Association (NSCA, CSCS) is preferred

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

Fellowship will have a tentative start of August 15, 2023 and end May 15, 2024. The fellowship schedule will be comprised of 20 hours a week and will be completed Monday – Friday, with 3-5 hours of the 20 hours expected to be completed daily. Early morning and evening hours should be expected.

Compensation:

- Stipend: \$12,000
- Eligible for On-campus graduate housing which is (\$600/month)
- Eligible for staff meal plan