



Colby Sawyer  
College

## Exercise and Sports Science Fellowship Position Description

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**Fellowship Organization:** Saint Anselm College

**Fellowship Position Title:** Strength & Conditioning Coach

**Fellowship Address:** 100 St Anselm Dr, Manchester, NH 03102

**Fellowship Supervisor Name:** Brennan Flemming



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### Fellowship Organization Information:

Saint Anselm college is located in Manchester, New Hampshire and is home to 23 varsity athletic teams competing in the NE10 Division II conference as well and the New England Women's Hockey Alliance. Saint Anselm College student-athletes have achieved unprecedented levels of success in the past five years, collectively qualifying for 53 conference playoff tournaments, 30 team or individual appearances in NCAA championships, five East Region Championships and two NCAA Division II Runner-Up finishes.

Most recently, the College announced the addition of six varsity sports, including men's and women's outdoor track & field, women's golf and women's bowling. Additionally, Saint Anselm has announced plans for an on-campus track & field complex, which will include an eight-lane track, synthetic turf field, lighting, spectator seating, and an amenities building with locker rooms.

### Fellowship Responsibilities:

15-20 hours per week is the expectation of being at fellowship site

Staff meetings and continuing education will be done weekly to improve as a coach and individual

Position is aimed to prepare individuals to gain the necessary competencies and excel in their future endeavors.

Oversee and program for 2-3 varsity teams.

Assist with coaching several teams

Gain experience and progress to implement and coach warm ups for various teams, not including assigned teams

Become proficient in coaching various exercise techniques

**Qualifications / Pre-requisites:**

Communicates effectively and in a timely fashion with class schedule, team lifts, programs, etc.

Be hungry to learn and experience new things

Taking self out of comfort zone

Be the best they can be on any given day

**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.