



Colby Sawyer
College

Exercise and Sports Science Fellowship Position Description

Fellowship Organization: University of Maine

Fellowship Position Title: Sports Performance Fellow

Fellowship Address: 18 Gym Drive Orono, ME 04469

Fellowship Supervisor Name: Codi Fitzgerald



Fellowship Organization Information:

The University of Maine Sports Performance department serves the 17 Division I Varsity athletic programs on-campus. We strive to foster an environment for our student-athletes to excel competitively as well as personally. We set to do this with a student-athlete centered approach and building healthy, long-lasting relationships. Fellows will have the chance to work with all 17 teams and be exposed to training technology such as Catapult, Polar Pro, and other training/monitoring tools and devices.

Fellowship Responsibilities:

Sports Performance Fellow will be responsible for assigned aspects of the strength and conditioning program within the teams they work with. They will help to oversee and administer appropriate performance testing and monitoring for sport teams assigned. Interact and coordinate with sport coaching staffs to discuss training plans and performance, both short and long term. Work as a productive member of the University of Maine Sports Performance staff daily. 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.

Qualifications / Pre-requisites:

Potential fellows must obtain the following prior to conducting their fellowship experience:

- 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)
- Completion of a semester long internship with a DI/DII/DIII Strength and Conditioning or Professional program.

Tentative Fellowship Schedule:

Fellowship will have a tentative start of July 31st, 2023. Following the completion of summer term, the fellowship schedule will be comprised of 20 hours a week of on-floor coaching and fellowship curriculum. The 20 hours will be completed Monday – Friday, with 3-5 hours of the 20 hours to expected to be completed daily. Early morning and evening hours should be expected. There will be opportunities to be a part of game day procedures at-home during the fellowship as well.