Husson University Strength and Conditioning Volunteer Description

Expectations of the volunteer include the following:

- Provide safe and effective coaching on all lifts, movement mechanics, soft tissue and mobility/flexibility work
- Assist in daily maintenance and upkeep of all Strength and Conditioning Facilities
- Effective set up and take down of strength and conditioning facilities for all programs at Husson University
- Possess strong communication, leadership, integrity, self-confidence
- Enforce Husson Strength and Conditioning weight room guidelines at all times
- Strong work ethic, punctuality, enthusiasm, positivity and a desire to improve one’s self for the possibility of future endeavors in the field
- Willingness to work a minimum of 20 hours/week

Preferences of the candidate include the following:

- Applicants must submit a resume, letter of interest, and three professional references
- CPR/First Aid and AED certification
- Knowledge of Microsoft Word and Microsoft Excel
- Applicants should be in their Junior (3rd) year or more of a health, fitness, exercise science, strength and conditioning, kinesiology, or similar degree program. Applicants who have completed a graduate or undergraduate strength and conditioning curriculum from an accredited college or university are preferred.
- Applicants should have some experience in athletics or athletic preparation. Work and/or volunteer experience as a strength and conditioning coach or personal trainer is preferred.
- Preferred applicants will possess current certification as a NSCA Certified Strength and Conditioning Specialist (CSCS®), or accredited equivalent. Those without a certification must possess a desire to sit for an accredited exam and use this internship as a resource for preparation.

There is NO monetary compensation for Strength and Conditioning Volunteers participating in this program. Individual’s compensation will be in the form of work hours in order to meet class credit requirements. Medical insurance and housing MUST be provided by the Strength and Conditioning Volunteer.

Please email or postal mail your resume, letter of interest, and 3 references to:

Christopher Jones, Strength and Conditioning Coach
Husson University Athletics Department
1 College Circle Dr.
Bangor, ME 04401

EMAIL: jonesch@husson.edu