

The Adaptive Sports Foundation (ASF) a 501 (c) 3 non-profit that is entering its 34<sup>th</sup> season offering sports opportunities to people over the age of five with cognitive or physical disabilities. This program is considered one of the premiere adaptive programs in the country with over 3000 volunteers in the winter and our own beautiful 8,000 square foot slopeside building designed specifically to serve the needs of our program and students. Our mission is to provide profound and life changing experiences for children and adults with physical and cognitive disabilities and chronic illnesses through outdoor physical activity, education, support and community.

The Adaptive Sports Foundation Warriors in Motion (WIM) program provides approximately 30 multiday events for injured service members throughout the year offering a wide variety of sports and wellness activities.

We have an opening for a new position: Warriors in Motion 90 Day Challenge Coordinator 2016

**Program Plan:**

- We have a goal of 50 veterans to participate in an online 90 day challenge to improve their overall fitness through exercise, diet and wellness activities (stress reduction, sleep improvement etc).
- We have a goal of having 16 additional participants who will attend two events at ASF. Each will be three days (one afternoon, one full day, and the final morning). One event will be at the beginning and the other at the end of the 90 day challenge. These events will include benchmark tests of the warrior's fitness as well as information to help them achieve their personal goals. Each warrior should leave with a fitness plan and a nutrition plan. They will also participate in the on-line challenge.
- Each week all participants will receive an email with information to help them stay on track with their goals and inspire them to continue.
- The participants will fill out a weekly survey on their progress.
- The WIM90 Coordinator will be available to communicate one on one with the warriors as needed to answer questions and encourage them to continue.

**Program design responsibilities:**

- Working with the Program director, develop the agenda for the three day pre and post challenge events and determine needs for guest coaches/experts at these events. The pre event will be late May / early June. The post event will be late August/early September.
- Layout the plan for the information that the participants will get during the 90 day challenge.
- Work with the Warriors in Motion Coordinator (WIMC) to design the on-line communication tools for the challenge
- Create a system of tracking each participant's data and communications during the challenge
- Working with the Program Director (PD), create a schedule for when things will happen. When the emails will go out, when you will be available for communication with the warriors etc.
- Working with the PD select prizes and design participant's t-shirts

**Responsibilities during the challenge:**

- Send out the weekly emails to participants
- Have availability to communicate with warriors.
- Track warrior's progress and your communications with them.
- If a warrior doesn't complete their weekly survey, follow up to help them get back on track.
- Communicate regularly (weekly) with PD on how the program is going.

**Responsibilities at the completion of the challenge**

- Finalize all data on warrior's progress and communications.
- With the appropriate ASF staff members, participate in a program debrief to determine what worked well and what can be improved for future 90 day challenges.
- Make suggestions for future equipment needs

**Schedule:**

- Several days at ASF in May to develop the program – dates to be determined with PD
- Attendance at both events at ASF
- Regular time at ASF to be determined – minimum of half a day per week
- Time working from home to be scheduled as mutually agreed upon with PD
- During the challenge work at least 10 hours total each week
- Debrief meeting at ASF post challenge – date TBD

**Qualifications:**

- Consistent involvement with fitness in your personal life
- Demonstrated a history of organizational skills and ability to communicate to others is required.
- Desire to learn about disabilities.
- Certification in fitness (personal trainer or something similar) is preferred.
- College degree: Associate's degree or higher in related field is desirable.
- Basic First Aid, CPR, AED preferred
- Demonstrated ability to be flexible, creative and adaptable to changing situations is required.

**Reports to:** Program Director

**Compensation:** \$3300 for the entire program responsibilities completion

**Status:** part-time, seasonal, temporary (one time).

**Interested candidates should contact:**Pam Greene

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