



- **Wellness Coach Coordinator -1-2 people needed per program**
 - Plans and implements a minimum of 10-12 sessions, one hour per week with a maximum of 25 participants with the curriculum provided. Flexibility in lesson is available.
 - Executes a pre and post test to evaluate participant's progress.
 - Hands out take home assignments/workouts for athletes to complete and bring back for an incentive.
 - Encourages participants to maintain a healthy lifestyle outside of the program.
 - Composes a report of all data as well as observations and evaluations of the program.
- **Nutritionist Coach – 1 person needed per program**
 - Works with wellness coach to incorporate 15-20 minute educational lessons for the 10-12 weeks.
 - Creates educational materials to aid athletes in improving healthy nutrition levels throughout the 10-12 week program.
 - Participates as needed by the Wellness coach.
- **Data Coordinator – 1 person needed per program**
 - Collects, records, and analyses all data collected from 10-12 week SOMifit program.
 - Provides an end-report to submit to SOMI at the end of 10-12 week.
 - Provides participants with print out of progress during SOMifit program.
- **SOMifit partners – 10-12 people needed per program**
 - Partners will be active participants in the SOMifit program.
 - Partners will work one on one with athletes during weekly meetings.
 - Partners will encourage athletes to work out and continue each lesson outside on the once a week meeting time.