Part-time Position Title: S&C Attendant

Job Description

General Statement of Duties
Provide excellent customer service by ensuring the proper use of resistance training and cardiovascular equipment to help promote safe, effective, and efficient workouts while maintaining a courteous and professional atmosphere.

Typical Responsibilities
- Supervision of facility and its users.
- Following the 10-5-1 customer service guidelines. When a facility user is within 10 feet make eye contact and smile; when a facility user is within 5 feet, speak to them (hello, etc.); and when a facility user is within 1 foot give them your undivided attention.
- Responsive to the needs of Strength & Conditioning Room customers (e.g. spotting, answering questions, proper technique demonstration, adjust television and radio stations).
- Enforce strength & conditioning room policies.
- Cleaning and minor maintenance of equipment.
- Present a professional appearance (e.g. wearing staff shirt (tucked in), khaki or black shorts/pants, and nametag).

Experience and Abilities
- Must be a currently enrolled student at Texas A&M University or Blinn College.
- Sincere interest in helping Rec Center members exercise in a safe, effective, and efficient manner.
- Knowledge and interest in resistance training and cardiovascular equipment upkeep, maintenance and operations.
- Demonstrated knowledge of proper resistance and cardiovascular training techniques.
- Excellent communication/people skills.
- Prior weight room experience including weight training and weight room supervision. (preferred)
- Current CPR certification (Heartsaver CPR & AED) (preferred).

Training
- Satisfactory completion of Strength & Conditioning New Hire training.
- Attendance at periodic staff in-services, workshops, and the like.

Environmental Conditions
- Frequent lifting and moving of heavy equipment.
- Utilization of tools including, but not limited to wrenches, screw drivers, and socket sets.
- Frequent exposure to potentially hazardous commercial cleaning products.

Pay Scale
In accordance with the Department of Recreational Sports part-time worker pay scale Strength & Conditioning Attendants will be classified under pay scale B, and start at an hourly wage of $10.

Learning Outcomes
1) Communicate effectively by assisting patrons in their use of exercise equipment and by enforcing policies
2) Learn the basics of exercise physiology including: major muscle anatomy, joint actions, basic muscular physiology, and planes of movement
3) Participate effectively in teams to ensure risk management and equipment upkeep procedures are carried out
To apply, please submit:

- Please complete the [Rec Sports Part-time Job Application (tamu.edu)](tamu.edu) and turned into the Student Rec Center Receptionists Office room 202 by 5:00 PM on Monday, April 11, 2022.

**You must be a currently enrolled student at Texas A&M University or Blinn College to be employed in this position for the Department of Recreational Sports**

1. Attach an official copy of your Fall 2022 semester class schedule. Legibly complete all pages of this application. If you have yet to register for classes please note that below:

   I have not yet registered for Fall 2022 (circle if appropriate) Yes

2. Interviews will likely take place from Monday, April 18 through Thursday, April 21. Will you be available for an interview during those dates? (circle) Yes No

3. If hired, is it your desire to begin working May 2022 for the Summer, or August 2022 to start in the Fall?

   Summer    Fall

4. If hired for the Summer 2022 semester, your training will take place during the May Break time period of May 3 – May 13 (exact dates & times TBA). Will you be available for training during this time period? (circle) Yes No

5. If hired for the Fall 2022 semester, your training will take place during the August Break time period of August 3 – August 13 (exact dates & times TBA). Will you be available for training during this time period? (circle) Yes No

6. If hired, would you be available to work during these time periods?

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<tr>
<th>Time Period</th>
<th>(circle)</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>May Break 2022</td>
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<td>Summer Sessions I/II 2022</td>
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<td>August Break 2022</td>
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<td>Fall Semester 2022</td>
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<td>Spring Semester 2023</td>
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7. Attach the completed [Rec Sports Part-time Job Application (tamu.edu)](tamu.edu) and a brief essay (no more than one page) explaining why you are seeking employment as a Strength & Conditioning Attendant for the Department of Recreational Sports.

8. If you will be working another job, please attach a copy of that work schedule.

9. Attach a copy of your resume (preferred, not required)

*Note – If your application is not legible, or if you are missing any of the required documents, you will not be considered for an interview. You will be contacted by e-mail regarding interview information, so please be sure to check your e-mail regularly after submitting this application.*
Successful candidates for the Strength & Conditioning Attendant position can expect to work ~9-12 hours per week on average during the course of a regular semester. Attendants will be scheduled according to their permanent conflicts such as class schedules and student organizations. Conflicts for upcoming schedule periods will be handled on a case-by-case basis in accordance with Strength & Conditioning policies. All Strength & Conditioning staff are required to work at both the Student Recreation Center and Polo Road Satellite Facility.

For more information, contact Zach Ganger, Assistant Director of Strength & Conditioning, at zganger@rec.tamu.edu or 979-862-7443.