



**NOONAN  
SPORT  
SPECIALISTS**

503 Hawthorne Street, Suite 145  
Alexandria, MN 56308



## Mission Statement

The #NSSfamily uses fitness as a catalyst to positively impact lives.

## Core Values

### **1. The #NSSfamily experience is number one.**

Our environment is unique in that we “meet you where you are” in every aspect of your fitness journey. At every level we “Set the Table” for an environment that is safe enough for you to try. We strive to be the best part of your day.

### **2. We are fitness funprofessionals.**

We approach our careers with professionalism; however, we don't take ourselves too seriously and believe fun is an important part of fitness. We love what we do, and that allows us to have only great days.

### **3. We thrive when you thrive.**

Consistency rewards everyone. Your consistency in training provides results for you and a career for us. When you are successful, we are successful.

### **4. Our passion is learning, playing and improving.**

We recognize that there is no “one size fits all” fitness program. We focus on fundamentals and movement quality, and we continuously pursue further education. We do all of this to help the #NSSfamily learn and grow.



## Creation Story

Alexandria NSS started as a vision in a second-story apartment in Moorhead, MN, in 2005. Mike Hawes and Dustin Schlichting were soon to be graduates of Minnesota State University Moorhead and were interning at Noonan Strength Systems. One day, in casual conversation with owner Dominic, they came to the decision to open their own facility in Alexandria, MN. The early groundwork began while finishing their senior years at MSUM, and the true vision of Alexandria NSS came to be in May of 2006. From then, until the opening of NSS in April 2007, Mike and Dustin spent countless hours on strategic planning, business preparation, networking, old-fashioned hard work, and a fair amount of anxious worry.

Since the humble beginning, Noonan Sport Specialists has grown into a 7,000-square-foot training facility that caters to individuals and athletes of all ages and abilities. NSS is a quality team of dedicated professionals who are both passionate and driven. However, we understand all of this is not possible without the loyal, hardworking, passionate, fun, and dedicated clients, family, friends and followers of NSS. Because our clients, family, friends, and followers see value in what NSS does as a training facility, our entire team is able to do what we love every single day.

At NSS we structure our training philosophy around building strength in the eight big-rock movement patterns: Squat, Hinge, Single Leg, Push, Pull, Rotation, Ground-Based and Carry. As each client comes from a different set of circumstances (medical history, previous training experience, stress level, etc.), NSS takes the time to determine where each client's base of fitness is. From there, we strive to build our clients a solid foundation based around the eight big-rock movement patterns. We pride ourselves not only on training our clients and athletes, but also on helping educate them to build a lifestyle based on activity and healthy choices.



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## JOB DESCRIPTION

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Job Title: **Certified Personal Coach**

Date: **1/31/19**

### **POSITION SUMMARY**

To conduct one-on-one and semi-private group training sessions with clients of Noonan Sport Specialists. This includes creation, implementation, and ensured growth and development of structured training templates, training philosophy, and Noonan Sport Specialists as a business.

### **ESSENTIAL FUNCTIONS / MAJOR DUTIES**

- Conduct one-hour and half-hour private and semi-private training sessions with NSS clientele as assigned by NSS managers.
- Conduct Team Training opportunities for NSS clientele as assigned by NSS managers.
- Properly demonstrate and coach exercises and protocols to clients, as well as understand proper progressions and regressions of these.
- Promote safe set-up and techniques of exercises, along with demonstrating proper spotting ability.
- Explain the effects of exercises to clientele.
- Understand and promote proper and safe clientele goal-setting and fulfillment.
- Be punctual for training sessions, meetings, etc.
- Actively promote NSS training services, the NSS facility and the NSS family.
- Work within the parameters of NSS contracts and subcontracts.
- Give nutritional guidance within scope of practice.
- Actively pursue appropriate knowledge pertaining to coaching of clientele of all abilities and interests.
- Attend staff meetings as scheduled, along with providing input and decision-making within job parameters.
- Understand and utilize NSS record-keeping methods.
- Conduct self in a professional manner at all times while representing the NSS name.

## PERIODIC FUNCTIONS / MINOR DUTIES

- Educate clientele about facility layout, equipment, and regulations.
- Maintain communication with clientele about training programs and other items offered at NSS.
- Assist with viral communications to clientele via NSS blog, website, and social media.
- Attend continuing education conferences and in-house seminars.
- Ensure that the exercise equipment is in good condition.
- Maximize non-coaching time with education, programming, cleaning, or other value-added activities.
- Conduct group athlete coaching as necessary and assigned by NSS managers.
- Light cleaning, maintenance and organization of NSS facility.
- Answer NSS phone, along with recording and relaying messages.
- Reply to emails in a timely manner.
- Be an appropriate and active participant in the social media of NSS.
- Fulfill timely, proper and complete opening and closing procedures of NSS facility.
- Promptly bring up any issues or concerns with NSS managers and actively pursue a reasonable settling for all parties involved.

## KNOWLEDGE, SKILLS AND ABILITIES

- Possess the ability to work well with a team in a fast-moving, energetic environment.
- Possess a drive to continue to improve as a professional through continuing education, conferences, seminars, discussions with others in the field, etc.
- Possess the ability to communicate effectively with clients in regards to technique, motivation, scheduling, invoicing, payments, etc.
- Possess the ability to work well with people, motivate people, and have a good or great day.
- Hold, or be in pursuit of, a pertinent personal training certification(s) from a reputable organization, including maintaining these certifications with the required continuing education.
- Be CPR/First Aid-certified, and possesses the ability to respond to emergency situations.
- Possess a basic knowledge of nutrition.
- Possess knowledge of exercise physiology.
- Possess knowledge of appropriate program design and implementation, along with the ability to communicate this knowledge.

\_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

Mike Hawes

\_\_\_\_\_ Date: \_\_\_\_\_

Dustin Schlichting

To apply for the position of Certified Personal Coach at Noonan Sport Specialists please send a cover letter explaining your interest in the position with NSS, resume and references formatted **INTO A SINGLE .PDF FILE** to:

Dustin at [dustin.s@alexNSS.com](mailto:dustin.s@alexNSS.com)

Or if sending hard copy via postal mail

Noonan Sport Specialists

Attn: Dustin Schlichting

503 Hawthorne St. Ste. 145

Alexandria, MN 56308