Athletic Performance Enhancement Mission Statement

The NOR’EASTERS Strength & Conditioning Program at the University of New England is committed to facilitating the personal and athletic development of each student-athlete. Participation in weight room, educational and speed training sessions will provide UNE’s student-athletes with the physical, psychological and physiological tools to reach their peak potential athletically, competitively and personally. Partaking in strength and conditioning related activities will prepare the University’s student-athletes to compete at a high level within NCAA DIII, the Commonwealth Coast Conference, and the ECAC East League by enhancing performance while reducing the risk of injury. Student-athletes will serve as pillars of fitness excellence and inspire their fellow students to lead healthy, active lifestyles. Through their training, they will develop and exhibit a championship attitude through the display of integrity, hard work, accountability, balance, commitment and pride. The Nor’easters Strength & Conditioning Program will encourage creativity, leadership, and ownership in all student-athletes through conquering individual and team challenges. The student-athletes will be expected to SCHAPE the University of New England’s community at large through demonstrating spirit, communication, heart, accountability, precision and enhancing those around them.