

Raymond Joseph Charles Humphreys

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(603) 759-3308

162 Crooked S Road, Lyndeborough, NH 03082

Employment

Stratton Mountain School – Stratton, VT June 2024 – September 2025
Head Women's Strength and Conditioning Coach, Alpine FIS Women's PG Ski Coach, High Performance Department

Stratton Mountain School – Stratton, VT August 2021 – May 2024
Strength and Conditioning Coach, Alpine FIS Women's Ski Coach, High Performance Department

Colby-Sawyer Climbing Wall – New London, NH September 2019 – May 2020
September 2020 – May 2021
Wall Supervisor

P.R.E.P Contractors – Plymouth NH Summer 2018 – Summer 2021
Laborer – Roofing

Internships

Stratton Mountain School – Stratton, VT April 2022 – June 2022
Strength and Conditioning Coach

Fit Lab Fitness Club – Milford, NH July 2021 – August 2021
Assistant Personal Trainer

Rock Hard Training – Bedford, NH May 2017 – August 2016
Personal Training Assistant

Rock Hard Training – Bedford, NH May 2016 – August 2016
Personal Training Trainee

Education

Colby-Sawyer College, New London, NH September 2025 – May 2026
Master of Science in Exercise Science

Colby-Sawyer College, New London, NH September 2018 – October 2022
Bachelor of Science in Exercise Science, minor in Psychology

Southern New Hampshire University, Manchester, NH June 2020 – November 2023
Bachelor of Art in Psychology

Plymouth State University September 2017 – June 2018

Gould Academy, Bethel, ME

September 2014 - June 2017

Volunteer / Leadership

Lafayette Artillery – Lyndeborough NH
Member

Activities

Colby-Sawyer EISA Ski Team
Team Member September 2018 – March 2020

INBRE Research – Colby-Sawyer College
Research Assistant September 2019 – January 2021

Gould Academy Competitions Program Alpine Skiing
Team Member September 2014 - June 2017

Gould Academy Baseball
Team member – Catcher September 2014 - June 2017

Gould Academy Mountain Biking
Team Member September 2014 - June 2017

Skills and Certifications

America Heart Association

American Red Cross Adult and Pediatric First Aid/CPR/AED April 2021 – Current

Certified Functional Strength Coach (CFSC) August 2017 – August 2020

References

References upon request