



## Job Posting-Strength & Conditioning Coach

**Application Deadline:** 26th April 2020

**Position:** Strength & Conditioning Coach (women)

**Position Start Date:** 1st May 2020

### **Description:**

Under the direction of the High-Performance Director (HPD), the Strength & Conditioning (S&C) Coach, shall be responsible for direct strength and conditioning coaching support and programming. Together with the HPD and other key high-performance staff, the S&C Coach will drive cultural expectations within the program, and deliver vital high performance elements in line with the program objective of Podium at the Paralympic Games. The S&C Coach shall adopt an equitable values based approach that complies with all Canadian Blind Sports codes of conduct.

### **Commitment:**

We are seeking a part-time Strength & Conditioning Coach to deliver high performance content and on going supervision to the Women's National Team. Consideration may be given to a candidate's qualifications, experience, and availability in determining the time commitment. Weekend, evening, and travel availability will be required for program and event attendance.

### **Specific Roles & Responsibilities:**

1. **Athlete Training** the communication, planning, implementation, monitoring and evaluation of the domestic training environment.
  - Thorough needs analysis including prioritization of S&C focuses
  - Ongoing design and assessment of annual strength and conditioning plans
  - Critically evaluate current strength and conditioning methods and approaches
  - Remote management of Women's national team S&C programming



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- Liaising with any athlete personal S&C coaches and national team head coach
2. **Competition:** critically analyze competition conditioning performance, prior, during and post competition.
    - Develop effective warm up and recovery routines to maximize performance
    - Establish clear communication and feedback that represent the cultural expectations
    - Critically evaluate conditioning performance
  3. **Athlete Monitoring & Evaluation:** analysis of the national team consistent with the goals and objectives established by the HPD.
    - Develop and implement monitoring processes to ensure athlete compliance and data collection while athletes are decentralised
    - Create and implement testing battery to assess key performance factors contributing to on court performance
    - Complete regular athlete training evaluations
    - Complete athlete post competition evaluations
    - Support podium pathway development related to physical domain
  4. **Reporting & Review:** regular presentations to the HPD as requested and assist in the development and presentation of all other program related plans (i.e. Own the Podium).
    - Actively contribute to event (comp or camp), annual and quadrennial debriefs
    - Regular S&C reporting on identified performance goals

#### **Qualifications:**

Required: National Strength and Conditioning Association (NSCA),  
Certified Strength and Conditioning Specialist (CSCS)

Preferred: University Degree in physiology, kinesiology, biomechanics or related field, minimum 3 years experience working in a high performance sport environment at provincial level or higher (including National and International Competitions)

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**Type of Position:** Contract through to March 31 2021. Consideration may be given to further involvement with the program after this date.

**Interested Applicants:** Send resume and cover letter to [james@canadianblindsports.ca](mailto:james@canadianblindsports.ca)

This position is made possible with financial support from the Government of Canada.

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