



JOIN OUR TEAM AS A STRENGTH & CONDITIONING COACH

PacificSport Fraser Valley - *Powering Sport*

PacificSport Fraser Valley delivers sport performance programs to help athletes and coaches win medals for Canada, and supports provincial and local sport organizations, municipalities, and the health and education sectors in their efforts to increase grassroots sport and physical literacy. Working in support of our regional, provincial, and national sport partners, PacificSport Fraser Valley is creating a stronger sport system, serving communities from Surrey to Hope.

We are currently seeking an enthusiastic and committed individual to join our PacificSport team in the role of a Strength & Conditioning coach for our athlete development programs.

Job Title: Strength & Conditioning Coach

Reports to: Coordinator, High Performance Services

Purpose of Position: To develop training programs for and to coach athletes between the ages of 13-17 years in our junior strength and conditioning programs, athlete development programs, and summer try-it programs.

General Job Description: The Strength & Conditioning coach is responsible for establishing and maintaining strength and conditioning programs for all sports, with the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. The Strength & Conditioning Coach devises training plans according to sound scientific principles, supervises training sessions, evaluates athletes, and teaches strength and conditioning classes.

Education and Experience:

- Certified Strength & Conditioning coach through an accredited organization
- Current Standard First Aid certification
- Commit to Kids Training (or willingness to obtain)
- Respect in Sport for Activity Leaders certification (or willingness to obtain)
- NCCP Making Ethical Decisions (or willingness to obtain)
- Criminal Record Check
- Experience working with athletes as a strength and conditioning coach
- Experience developing training programs for multi-sport athletes
- A strong working knowledge and teaching skills in analysis and techniques of strength training





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- Evidence of ability to interact positively with athletes, colleagues, and the public
 - Degree in Kinesiology or other related field is considered an asset

Skills and Knowledge:

- Evidence of strong organizational skills and effective oral and written communication skills
- Ability to work autonomously and make independent decisions
- Ability to adapt programs for the athletes in the program as needed
- Ability to assess the skills of athletes and provide feedback as needed
- Organized and able to follow a progressive training plan
- Motivating, encouraging, and enthusiastic coaching techniques
- Knowledge of injury prevention techniques
- Ability to demonstrate the appropriate skills and techniques to be used by the athletes
- Must know how to operate strength training equipment

Job Details:

Term: Contract position, must be available for program dates as needed (Tentative Fall 2021 Dates: *November 2 - December 9 / Tuesdays and Thursdays / 6:00pm-8:30pm*)

Location: Abbotsford, BC

Compensation: \$50/hour plus access to free professional development courses through PSFV (negotiable)

Application Instructions:

To apply, send a cover letter, resume, and ALL applicable certifications as **one document** saved under your first and last name by email to sfournier@pacificsport.com.

Subject line: Attn: Stacy Fournier, Strength & Conditioning Coach Application

Closing Date: September 29th at 4:00pm (PST).

