



Calgary Rowing Club  
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(403) 249 -2880

## **Job Posting**

**Position:** In-Training Coach (up to 3 positions available)

**Location:** Calgary, Alberta

**Application Closing:** November 10, 2017

**Start Date:** Mid-November or January

### **Overview**

The CRC is a successful club that provides a community environment to foster a passion for the sport of rowing and support athlete development. Founded in 1966 on the shores of the Glenmore Reservoir, the CRC provides year round competitive and recreational rowing programs for all skill levels. Athletes from the CRC compete successfully at local, national and world levels. The CRC takes equal pride in developing both high level athletes as well as giving hundreds of people the chance to experience the joy of rowing.

### **About this position**

The Calgary Rowing Club (CRC) is seeking up to three In-Training Coaches who will assist with coaching various programs. The goal of the In-Training Program is to develop future CRC program coaches through exposure to various CRC programs, rowing abilities and age-groups. The In-Training coaches shall be responsible for developing training programs, coaching and working with a diverse group of rowers, assisting the Head Program Coaches. The position is unique as the In-Training coach will be coaching athletes with a high technical skill level at the same time as developing Novice Rowers. The position reports directly to the CRC Board of Directors.

### **Responsibilities and Duties**

#### **Program Planning and Management**

- Plan the training program for the CRC Program (age: 12-80 years)
- Promote both athlete and team development by planning and executing effective practices.

- Teach efficient rowing technique according to the RCA technical model
- Ensure and promote athlete safety while training on and off the water
- Motivate athletes and encourage rowers to compete in local, provincial and national regattas

### **On-the-Water Coaching**

- Coach 1-5 sessions a week, geared to different abilities, fitness levels and boat types

### **Winter Training**

- Assist in leading a winter training program from mid November through April consisting of indoor rowing, circuit and age appropriate weight training (for Junior Program only) and use of the rowing tank.

### **Training and Workout Plans**

- Ensure positive athlete experience
- Assist in Preparing seasonal and annual training plans
- Communicate with athletes and parents regarding training plans, personal and team goals, progress, events and activities

### **Communication**

- Engage new participants to continue growing the program teams
- Provide regular correspondence to program participants regarding individual and group goals, practice plans, CRC events, and upcoming regattas, etc.
- Communicate effectively with staff and board regarding program needs and concerns
- Provide information to new participants to make them feel welcomed at the club and in the program

### **Regatta Responsibilities**

- Ensure racers are properly registered with an RCA racing membership
- Enter lineups in the regatta planning software, such as Regattacentral
- Attend regattas to support athletes and facilitate a positive racing experience
- Work collaboratively with club staff to organize away-regattas
- Provide guidance and leadership to parent chaperones at away-regattas and coordinate and assist with all logistics (driving, regatta scheduling, etc)

### **Fleet Maintenance and Safety**

- Perform basic rigging and boat maintenance
- Help enforce the policies of the CRC regarding rowing safety, proper boat handling, and reporting boat damage when it occurs.
- Understand and enforce Glenmore Reservoir usage regulations

### **Nature of the Position**

This is an hourly/salaried position that requires approximately 5 - 10h of work and coaching per week.

### **Qualifications**

- Knowledge of and ability to row sweep and scull rowing boats
- First Aid, CPR, AED certification

- Valid Pleasure Craft Operators license
- 1-3 years rowing experience
- Willingness to complete required RCA Coaching certifications
- Willingness to coach a rowing program at the CRC
- Personal Training Certification is an asset
- Commitment to the values of the Calgary Rowing Club
- Completed Police Record Check with Vulnerable Sector Search

### **Skills/Knowledge**

- Able to organize and motivate groups of various sizes
- Able to communicate effectively with rowers of all abilities and experience levels
- Able to work independently and in cooperation with others
- Able to troubleshoot and rapidly adapt to changing circumstances
- High interpersonal and communication skills
- Strong leader, able to motivate athletes

### **Compensation**

Hourly wage/salary will commensurate with experience.

Only candidates being considered for interviews will be contacted.

Email Resumes with accompanying cover letter to [office@calgaryrowing.com](mailto:office@calgaryrowing.com) by **November 10, 2017**