



Calgary Rowing Club
PO 36117 - 6449 Crowchild Trail SW
Calgary, AB. T3E7C6
(403) 249 -2880

Job Posting

Position: Masters Coach

Location: Calgary, Alberta

Application Closing: November 10, 2017

Start Date: 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 a qualified Masters coach who shall be responsible for developing training programs, coaching and working with a diverse group of Masters rowers. The position reports directly to the CRC Board of Directors.

Responsibilities and Duties

Program Planning and Management

- Plan the training program for CRC Masters
- 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

On-the-Water Coaching

- Coach 3 sessions a week, geared to different abilities and boat types

Training and Workout Plans

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

Communication

- Engage new participants to continue growing the Masters squad
- 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

Regatta Responsibilities

- Determine crew lineups and assist Masters rowers in their training for local and regional regattas.
- 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 (when required)

Winter Training

- Lead a winter training program from January through April consisting of indoor rowing and use of the rowing tank.

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 position that requires approximately 9h of work and coaching per week.

Qualifications

- Knowledge of and ability to coach sweep and scull rowing
- First Aid, CPR, AED certification
- Valid Pleasure Craft Operators license and demonstrated ability to safely operate launches/coach boats
- Knowledge of rowing physiology and effective training techniques
- 2-5 years rowing experience
- Valid RCA Coaching Certification or willingness to complete required certifications
- 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 salary will commensurate with experience.

Only candidates being considered for interviews will be contacted.

Email Resumes with accompanying cover letter to **office@calgaryrowing.com** by **November 10, 2017**