



Calgary Rowing Club
PO 36117 - 6449 Crowchild Trail SW
Calgary, AB. T3E7C6
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Job Posting

Position: Recreational Program Coach

Location: Calgary, Alberta

Application Closing: November 10, 2017

Start Date: January 2018

Overview

The Calgary Rowing Club (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 CRC is seeking a qualified Recreational Program (Rec) coach who shall be responsible for developing training programs, coaching and working with a diverse group of Recreational rowers. The position is unique as the coach will be coaching athletes with a high technical skill level and athletes who recently graduated from a Learn to Row Program. Recreational athletes may occasionally compete in local regattas. The position reports directly to the CRC Board of Directors.

Responsibilities and Duties

Program Planning and Management

- Plan the training program for CRC Rec
- 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, fitness levels and boat types

Practice Planning

- Ensure positive athlete experience
- Prepare practice plans that are fun and challenging for all skill and fitness levels

Communication

- Engage new participants to continue growing the Rec team
- 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 Recreational 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 10h 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