



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

Job Description

Position: Senior Program Coach

Location: Calgary, Alberta

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 Senior Program coach who shall be responsible for developing training programs, coaching and working with a diverse group of Senior rowers aged 18-27 years. The position is unique as the coach will be coaching athletes with a high technical skill level at the same time as developing Novice Senior Rowers. The position reports directly to the CRC Board of Directors.

Responsibilities and Duties

Program Planning and Management - 10%

- Plan the training program for the CRC Senior Program (age: 18-27 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 - 40%

- Coach 6-9 sessions a week, geared to different abilities, fitness levels and boat types

Training and Workout Plans - 10%

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

Communication - 10%

- Engage new participants to continue growing the Senior team with help of Assistant Senior coach
- 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 - 5%

- Determine crew lineups and assist Senior rowers in their training for local, regional and national 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
- Work collaboratively with club staff to organize away-regattas

Winter Training - 20%

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

Fleet Maintenance and Safety - 5%

- 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 20 hours of weekly work from April through to November and 5-10 hours/week between November through to March.

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
- 3-5 years rowing experience

- RCA Performance Coach Certified 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 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 by Dec 19, 2017.