



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

## **Job Posting**

**Position:** Para Program Coach

**Location:** Calgary, Alberta

**Application Closing:** March 15, 2022

**Start Date:** April 15, 2022

### **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 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 Para program coach who will be responsible for developing training programs, coaching and working with a diverse group of Para rowers. The position reports directly to the CRC Board of Directors.

### **Responsibilities and Duties**

## **Program Planning and Management**

- Plan or assist with planning the training program for CRC Para
- Promote both athlete and team development by planning and executing effective practices.
- Teach efficient rowing technique according to the RCA technical model following the long-term athlete development plan
- Ensure and promote athlete safety while training on and off the water

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

- Coach 1-3 sessions a week, geared to different abilities and boat types

## **Training and Workout Plans**

- Prepare or assist with the preparation of 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 Para 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 line-ups and assist Para rowers in their training for local, regional and national regattas.
- Enter line-ups in the regatta planning software, such as RegattaCentral
- Attend regattas to support athletes and facilitate a positive racing experience (when required)

## **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 3h-9h of work and coaching per week during the on-water season

## **Qualifications**

- Knowledge of and ability to coach sweep and scull rowing or willingness to learn
- First Aid, CPR, AED certification
- Valid Pleasure Craft Operators license and demonstrated ability to safely operate launches/coach boats or willingness to learn
- Knowledge of rowing physiology and effective training techniques or willingness to learn
- 2-5 years rowing experience (an asset)
- 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 according to the RCA Safe Sport policy requirements

## **Skills/Knowledge**

- Able to adapt para coaching concepts to athletes' varied abilities (PR1, PR2, PR3)
- 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

- Strong 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  
**March 15, 2022**