



<b>Job Title:</b>	<b>Algoma University Thunderbird Varsity Strength &amp; Conditioning Coach</b>
<b>Position Status:</b>	Full-Time, Contract (2 years) Non-Union
<b>Department:</b>	Student Life & Ancillary Services (George Leach Centre)
<b>Supervision Received:</b>	Director, Student Life & Ancillary Services
<b>Location:</b>	Sault Ste. Marie, ON
<b>Number of Positions:</b>	1

#### PRIMARY FUNCTION:

The Strength & Conditioning Coach position is responsible for providing programming and coaching including, but not limited to, motivation, education, and guidance on proper nutrition, conditioning, resistance training, mobility, and recovery to assist Algoma University's Varsity student-athletes in developing to their full potential. The incumbent will be responsible for strength and conditioning coaching for all Varsity gender equal sports, including basketball, cross-country running, curling, nordic skiing, soccer, and wrestling.

#### DUTIES & RESPONSIBILITIES:

Under the direction of the Director of Student Life and Ancillary Services, the Coach will have several areas of responsibility including, but not limited to, the following:

- Design and implement a strength training and conditioning program for in-season, off-season, and pre-season of all University-sanctioned Varsity athletic programs in a manner that reflects research-driven training and practices that align with the institution's long-term Athlete Development Model.
- Work in cooperation with athletic therapy staff in the rehabilitation and strengthening of injured student-athletes.
- Facilitate a collaborative relationship among sports coaches, athletic therapy services, mental performance consultative services, nutrition counseling services, and the strength and conditioning staff.
- Design and implement policies and procedures for the strength and conditioning program in accordance with the University's and George Leach Centre's standards and guidelines.
- Develop systems for tracking student-athlete attendance and athletic progress in conjunction with the sports coaches.



- Maintain a personal health and fitness lifestyle consistent with University guidelines, and conduct a needs analysis for each sports team in conjunction with the coach, and the team's athletic training, at the conclusion of each season.
- Determine and reinforce expectations for student-athlete conduct that mirror the University's expectations for curricula and extra-curricular activities, as stated in the Algoma University Student Code of Conduct.
- Successfully complete training and educational courses, as required.

### MINIMUM QUALIFICATIONS

- Undergraduate degree in Exercise Science, Kinesiology, or Human Performance, and a minimum of five (5) years of strength and conditioning coaching at the high school, collegiate, or professional level, or an equivalent combination of education and experience, is required.
- Current certifications in First Aid, Cardiopulmonary Resuscitation (CPR), and Automated External Defibrillation (AED).
- Minimum of one (1) of the following certifications is required. CSCS from the National Strength and Conditioning Association (NSCA), SCCC from the Collegiate Strength and Conditioning Coaches Association (CSCCA), USA Weightlifting (USAW) Level 1, Sports Performance Coach, or competitive certification.
- Strong working knowledge, and teaching skills, in analysis and techniques of strength training.
- Experience designing and implementing fitness regimes.
- Demonstrated and strong ability to motivate.
- Demonstrated ability to interact positively with student-athletes, colleagues, and the public.
- Demonstrated organizational skills, and effective oral and written communication skills.
- Excellent customer service skills.
- Basic technology skills, including Microsoft Excel, strength software, and training applications.
- Willingness to obtain and maintain certifications required by Algoma University policy.
- Ability to work flexible hours and travel as required.
- Commitment to understanding Algoma University's Special Mission and the Seven Grandfather Teachings.
- Vulnerable Sector Police Check required.

**Interested applicants may submit their resume and cover letter to Dave Trudelle, Director of Student Life and Ancillary Services, at [dave.trudelle@algomau.ca](mailto:dave.trudelle@algomau.ca) no later than 4:00pm on May 30, 2023.**

Algoma University is strongly committed to fostering diversity and inclusivity within our community and is an equal opportunity employer. The university invites and encourages applications from all qualified individuals who would contribute to the further diversification of our Institution, including equity-seeking groups that are traditionally underrepresented in



employment (Indigenous peoples, racialized persons, women, persons with disabilities, and 2SLGBTQQIPA+ persons).

In accordance with the Accessibility for Ontarians with Disabilities Act, 2005, upon request, accommodation will be provided by Algoma University throughout the recruitment, selection, and/or assessment process for applicants with disabilities.

This position is open to all qualified applicants, although preference will be given to Canadian citizens, permanent residents, and those qualified to work in Canada.