



JOB POSTING

POSITION TITLE	Senior Strength & Conditioning Coach
REPORTS TO	Performance Coordinator, Personal Conditioning Coordinator, Youth & Adult Program Coordinator
TERM	Continuing
COMMITMENT	Part-time; approximately 20 hours/week
# OF POSITIONS	1

ORGANIZATION SUMMARY

Founded in 2008, PISE is a non-profit organization that provides programs and services for South Vancouver Island while managing the Pacific Institute for Sport Excellence facility, the first summer sport institute in Canada. Nationally recognized for work in the areas of physical literacy and inclusion, PISE is also a part of the ViaSport Regional Alliance in BC. The organization helps build a healthy, active community while focusing on inclusion, physical literacy, active living and supporting the development of performance sport. PISE's driving purpose is to transform lives through healthy activity and sport by providing physical activity and health education programming and services for children, youth and adults. Visit PISE.ca to learn more.

POSITION SUMMARY

A PISE Senior Strength & Conditioning Coach is the face of PISE when working with our clients. **The role will have a strong emphasis on delivery of youth and adult programs.** The position requires professionalism, excellent customer service and client retention abilities, as well as a high level of strength and conditioning knowledge in order to design programs based on age, level and ability for both individuals and teams.

KEY ROLES & RESPONSIBILITIES

- Work as part of a team programming and delivering safe and engaging programs for youth and adults, providing coverage on an as needed basis
- Ensure consistency of programs and strategies that provide for optimal client growth
- Delivery and administration of testing services
- Assist in the implementation of testing protocols for community based programs
- Provide equipment and fitness center orientations
- Light cleaning duties and tidying throughout facility as necessary
- Room/equipment set up and take down
- Answer client questions and assist where needed (spotting, etc.)
- Provide administrative support to the Youth & Adult Program Coordinator, Personal Conditioning Coordinator, and Performance Coordinator
- Assist Marketing & Communications Coordinator with updating program information on website, developing marketing and public relations materials
- Attend community events as PISE representative as needed

KNOWLEDGE, SKILLS & ABILITIES

- Possesses strong organizational and interpersonal skills
- Collaborates effectively within a team and works well independently
- Maintains detail orientation and professionalism in a fast paced work environment
- Ability to adapt to changing demands

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- Analyzes issues and resolves problems with excellent judgement and decision making skills
- Promotes teamwork and commitment to PISE's overall mission, vision, and goals
- Understands strategies and identifies areas for improvements
- Establishes realistic plans and executes efficiently
- Demonstrates drive and initiative
- Ability to build strong relationship based on trust, support, and open communication

QUALIFICATIONS

- Post-secondary degree or diploma in Kinesiology, Recreation or other related field
- NSCA or CSEP certification mandatory
- Experience with personal conditioning and group conditioning
- Current Standard First Aid CPR/AED Level C
- Current Police Information Check with Vulnerable Sector Screen, or willingness to provide one prior to start of position
- Working knowledge of Microsoft Office and other basic computer skills
- Healthy lifestyle and an interest in health & wellness

AVAILABILITY

To apply for this position, the candidate must have availability for the following shifts: **Monday-Thursday 4:30-9:30pm.**

TO APPLY

This position will remain open until a suitable candidate is found. To apply, please submit a resume and a cover letter to:

Amy Corkery
Human Resources Manager
careers@pise.ca

*Thank you for your interest in PISE.
Please note, due to the number of resumes received,
only candidates selected for an interview will be contacted.*