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| POSITION TITLE | Strength & Conditioning Coach |
| REPORTS TO | Senior Performance Coordinator |
| TERM | Permanent |
| COMMITMENT | Part-time |

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 Education 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 Strength & Conditioning Coach is the face of the organization while working with our clients and class participants. The position requires a high level of strength and conditioning knowledge and the ability to apply it effectively over a variety of individual and group training needs. Professionalism, excellent customer service, and the skill set and personality/characteristics to effectively build trusting relationships with clients is essential. A PISE S&C coach is innately motivated, has a passion to succeed, works well in a team environment and has an infectious energetic approach to coaching that positively infects our client base, teams, and group fitness class participants.

KEY ROLES & RESPONSIBILITIES

- Design and implement strength and conditioning programs for individual clients
- Design and implement strength and conditioning programs for community-based programs and teams
- Design and deliver strength and conditioning programs for individual high-performance athletes as well as high performance teams
- Room/equipment set up and take down
- Light cleaning duties and tidying throughout facility as necessary
- Answer client questions and assist where needed (spotting, etc.)

KNOWLEDGE, SKILLS & ABILITIES

- Ability to build strong relationship based on trust, support, and open communication
- Possesses strong leadership and interpersonal skills
- Has a sport background and a sound understanding of high-performance programming and delivery
- Confident, energetic, well spoken, motivated, and comfortable in front of large groups
- Continuously seeking out professional development and self-study opportunities to enhance knowledge base
- Promotes teamwork and commitment to PISE's overall mission, vision, and goals

QUALIFICATIONS

- Post-secondary degree or diploma in Kinesiology, Recreation or other related field
- NSCA, CSEP or BCAK certification (Preferred)
- 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

TO APPLY

Please submit a resume and a cover letter by **midnight September 18th 2023** to:

Brianna Coburn
HR and Administrative Coordinator
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.*