



TPASC Strength and Conditioning Coach (1 year contract- Full Time)

Toronto Pan Am Sports Centre is a world-class sport and recreation venue that proudly hosted the international community for the Pan Am and Parapan Am Games and the 2017 Invictus Games and continues to host provincial, national and international events. . The facility is also an amazing place to join hundreds of professionals who look to develop their career in an exciting and rewarding environment.

A legacy of the 2015 Toronto Pan Am and Parapan Am Games, Toronto Pan Am Sports Centre (TPASC) is operated by a corporation co-owned by the City of Toronto and the University of Toronto. The world-class facility was the largest sport new-build for the Games and the largest infrastructure investment in Canadian amateur sport history. TPASC delivers extensive programming that serves recreational and community groups, university students, high performance athletes, as well as fitness centre clientele. The building's 312,000 square-feet includes two internationally sanctioned 10-lane 50-metre pools, a world-class dive pool and dry-land dive training facilities, a four-court gymnasium, a rock climbing wall, an indoor running track, conditioning rooms, a high performance testing centre, studio spaces, and a state-of-the-art fitness centre for members. The Canadian Sport Institute Ontario (CSIO) is located at TPASC and provides world-leading sport science and sport performance services. TPASC opened to community users, University of Toronto faculty, staff and students, City of Toronto program users and high performance in September 2014. For more information visit www.tpasc.ca

TPASC is currently seeking a full-time **Strength and Conditioning Coach** on a one year contract to join our team! Reporting to the Fitness Centre Manager. The Strength and Conditioning coach will be involved in direct program delivery through assisting with the programming and servicing of strength and conditioning training sessions for sports teams, schools and other organizations. The S&C Coach will also be responsible for selling and conducting personal training sessions and assisting with other fitness centre duties.

The successful candidate will possess the following qualifications:

- A bachelor's degree in kinesiology or related program;
- Certified Strength and Conditioning Coach (NSCA CSCS);
- Current Standard First Aid/CPR-C required;
- A minimum of 1 year related experience developing team strength and conditioning training programs;
- Well-developed interpersonal and relationship building skills;
- Must be able to encourage and motivate members/athletes;
- Excelling written and oral communication skills;
- Works well in team settings
- Experience and sensitivity in dealing with athletes of all abilities and gender and ages an asset;
- A flexible schedule including days, evenings and weekends to accommodate the demands of sport teams

The key responsibilities of the role include, but are not limited to:

Strength and Conditioning for the TPASC Sports Academy (40%)



- Implements and grow performance-training services to the community and athletes (12-17 years);
- Assists in strategizing ways to increase growth and revenue generation for the Academy;
- Plan and perform physiological and assessment testing protocols on external teams and individuals;
- Design individual and team programs based on test results, training age, environment, and culture;
- Ensure that the delivery of the strength and conditioning service effectively meets its commitments to athletes, coaches and individuals;
- Working closely with Strength and Conditioning Coordinator, club coaches and staff to coordinate and execute team specific strength and conditioning programming, while developing strong relationships on an individual basis;
- Monitor teams training sessions on a weekly and daily basis to ensure athlete development and health;
- Supervise the training sessions;
- Assist in implementing appropriate preparation and recovery strategies;
- Explains weight lifting technique and programs in language that is appropriate to the athlete's ethnic, sociological, age and cultural background;
- Building relationships with sport clubs and other organizations to achieve the strategic targets of the Academy

Personal Training (30%)

- Personal training sales and client retention
- Conduct thorough fitness assessments for potential clients to determine a client's current fitness level and goals
- Create and deliver periodized programs to clients
- Design, lead, and facilitate workshops for fitness centre programming and events
- Assisting with development of educational activities for members
- Maintaining accurate personal training records

Other Fitness Centre duties (30%)

- Leading quality of standards on a daily bases
- Help build sense of community through delivering exceptional customer service and building member relations
- Monitoring and promoting safety on the fitness floor and within the facility
- Conducting new member orientations
- Assisting with maintenance, cleaning and troubleshooting of Fitness Centre equipment
- Conducting and monitoring Quality Audits of programming and program spaces
- Maintain knowledge of program offerings and special events

HOW TO APPLY

Please submit your cover letter and resume to the attention of Jessica Au Yeung, Fitness Centre Supervisor by December 15, 2017.

E-mail address: jauyeung@tpasc.ca



The Toronto Pan Am Sports Centre is located at:
875 Morningside Avenue
Scarborough, ON M1C 0C7

We thank all applicants that apply, however only those being considered for an interview will be contacted.

TPASC is committed to creating an accessible organization and facility by removing barriers for individuals with disabilities. If you have any accessibility requirements or questions, whether as an employment candidate, volunteer, user of the facility or business partner, please contact us at accessibility@tpasc.ca