



Fitness & Assistant Ski Coach, Men's or Women's Team

**Reports to:** Head Coach of Men's or Women's Alpine Ski Team

**The Position:**

Alpine Canada Alpine (ACA) is the national governing body for Ski Racing in Canada and home to three of Canada's most exciting snow sports: Alpine, Para-Alpine and Ski Cross Racing. The organization has new Board and senior leadership that is committed to its vision for Canada to be a World Class ski racing nation that is inspired by the passion and performance of Canada's ski teams. ACA leads the achievement of Canada's ski teams' podium success and inspires the next generation of ski racers and fans.

We are currently seeking an experienced and motivated individual to join our organization in the role of **Fitness & Assistant Ski Coach**.

Reporting to the Head Coach of the Men's or Women's Alpine Ski Team the Fitness & Assistant Ski Coach will support our mission to increase podium performances by assisting in the execution of all team performance strategies, targeting both short-term and long-term athletic development and performance benchmarks.

**Duties:**

- Fitness Coach
  - Work with Head Coach, Group Coach and IST Lead to design the Yearly Training Plan including detailed programming and integration with the ski program for:
    - Muscular system
    - Metabolic system
    - Performance movement system
  - Ensure athletes receive detailed annual and weekly training plans
  - Develop and maintain a fitness library including:
    - Exercises
    - Progressions for each system
    - Session planners
    - Warm-up and cool-down routines
  - Work with Head Coach and IST lead to design and implement physical monitoring through:
    - Lab testing baselines and rehab follow up
    - Field testing
    - Fitness and wellness monitoring



- Database maintenance
- Assistant Ski Coach
  - Assist Group Coach with program design and delivery
  - Manage and maintain group equipment
  - Manage video collection and review
  - Track training and competition course sets and free ski venues
  - Manage individual athlete on snow tracking including:
    - Course parameters
    - GPS tracking and monitoring
    - Competition and training evaluation

### **Working Conditions**

- Full Time position with constant travel required
- Significant time working outdoors in winter conditions
- Requires lifting, walking and skiing
- Significant overtime required during peak periods to be taken as time in lieu as scheduling permits

### **Employment Requirements**

- Qualifications
  - Must be DL Coaching Certified at minimum
  - Must demonstrate Strength and Conditioning Certification or equivalent experience
  - Kinesiology or Sports Science Degree is an asset
- Experience
  - Minimum three years of experience writing Annual Fitness Programs for Alpine athletes
  - Minimum three years experiences as an athlete or coach on the Work Cup or Intercontinental circuit or five years coaching in Canadian Club or PTSO
  - Minimum three years coaching in Canadian Alpine Domestic system or minimum three years as an athlete in Canadian Alpine High-Performance system
  - This position requires extensive travel as the role is in the field of play full-time
  - This position requires residing in Canada when not traveling with the Team
  - Demonstratable knowledge of Dartfish software
  - Demonstratable knowledge of boot-fitting and ski preparation is an asset
- Bilingualism (French and English) is considered an asset



Additionally, the candidate must be able to demonstrate excellent interpersonal and collaborative skills with experience working in complex workplaces with many key stakeholders. Understanding the various software (Office, Google Docs, Adobe, etc.) is also an asset.

Please send your cover letter and resume to [careers@alpinecanada.org](mailto:careers@alpinecanada.org). Interviews will take place via teleconference.

We thank all applicants for their interest; however, only those considered for an interview will be contacted.

### **CONTACT INFORMATION**

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