

CANADIAN SPORT INSTITUTE CALGARY

The Canadian Sport Institute Calgary's (CSI Calgary) mission is to provide a world-leading, multisport, daily training environment for podium athletes and coaches, through expert leadership, services and programs. Within its broader mandate, the CSI Calgary provides a variety of programs and services, including physiological testing, monitoring and program design.

STRENGTH & CONDITIONING INTERNSHIP

The Internship is an intensive experience that runs between May - September 2024, that will allow you to gain valuable skills and knowledge to lay a foundation for a future career as a strength and conditioning coach. You will learn the applied science of strength and power training and how to integrate components of S&C coaching such as collaborating with other professional disciplines, understanding sport demands, athlete evaluation and programming into a comprehensive training philosophy. Throughout your internship, you will work with the lead strength coach of a national team to assist in daily tasks, complete specific learning outcomes while gaining exposure to our full team of strength coaches, with a variety of processes, sports and athlete abilities.

WHO?

The Internship is for you if you are:

- An aspiring strength and conditioning coach in high performance sport.
- Highly motivated and self-driven with the ambition and work ethic to become an excellent, well rounded strength coach.
- An undergraduate or soon to be undergraduate from a Kinesiology or Sport Science related degree, with minimum 2 years coaching experience.
- CSCS, CPT (or similar) certified.
- Interested in sport and have a love of the weight room.
- Open minded and looking to learn from a wide range of disciplines, coaching styles and training philosophies

The S&C Intern will become a vital member of the CSI Calgary S&C team and will participate in all in-house professional development opportunities. Additionally, the intern will help the S&C team run a high-performance training facility and develop skills in facility maintenance, strength and power field tests and more advanced strength and power laboratory assessments. It is an opportunity to progress your career with outstanding work experience.

CORE COMPETENCIES:

- Learning Capability
- Communication
- Achievement Oriented
- Interpersonal Skills
- Analytical Thinking
- Results Orientation
- Passion for coaching
- Passion for speed and power development

RESPONSIBILITIES

- Attends all CSI Calgary professional development sessions
- Attends training sessions and assists with session delivery as directed by the lead S&C coach
- Assists with facility maintenance and weight room floor supervision
- Set up for training and testing sessions
- Data analysis and logging of athlete monitoring data
- Learns basics of program delivery from warm up to cool down
- Learns basics of program design for development athletes
- Runs warm ups for high performance athletes as directed by lead S&C coach
- Ensure proper weight room etiquette
- Assist in data collection using strength & power testing equipment

QUALIFICATIONS:

- Final year or recent graduate in an undergraduate University Degree in Kinesiology or related field
- Current First Aid and CPR
- Knowledge of weight room equipment
- Coaching experience (minimum 2 years)
- CSCS, CEP or CPT certification with personal liability insurance
- Ability to work and communicate in a team environment
- Ability to work in a fast-paced environment with a high degree of independence and initiative
- Exceptional team building skills and the ability to be flexible and adjust to changing priorities

EMPLOYMENT STATUS: Full Time

STIPEND:TBD

APPLICATION: Online at www.csicalgary.ca/careers

CLOSING DATE: April 2nd, 2024

Canadian Sport Institute Calgary
Elevating the athlete
www.csicalgary.ca