

## 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 INTERN

The Internship is a 16-week intensive experience that will allow you to gain valuable skills and knowledge to lay a foundation for a future career as a strength and conditioning coach.

The Internship runs from May 6- August 30<sup>th</sup>, 2019. You will learn the applied science of strength and power training and how to integrate many different skillsets like programming and movement assessments into a cohesive training philosophy.

Throughout your Internship, you will be assigned to a National Team whom will be starting a new quadrennial post 2018 Olympic Games. You will also get the chance to spend extended time with each strength coach to learn how/why/what happens within different sports and professionals.

## 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 a world-class strength coach
- An undergraduate or soon to be undergraduate from a Kinesiology or Sport Science related
- Interested in sport and have passion for the weight room
- Open minded and willing to learn from the best

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 world class training facility and develop skills in facility maintenance, strength and power field tests and more advanced strength and power laboratory assessments. It is the opportunity to launch your career with an outstanding work experience.

## CORE COMPETENCIES:

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



**RESPONSIBILITIES:**

- Attends all CSI Calgary professional development sessions
- Attends training sessions and assists with session delivery as directed by the Head S&C Coach
- Assists with facility maintenance
- 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 Head 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
- Past experience as an athlete an asset
- Ability to work 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](http://www.csicalgary.ca)

**CLOSING DATE:** March 15<sup>th</sup>, 2019

**Canadian Sport Institute Calgary – Elevating the athlete**  
**[www.csicalgary.ca](http://www.csicalgary.ca)**



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SPORT INSTITUTE NETWORK  
RÉSEAU DES INSTITUTS DU SPORT