



Volleyball Canada invites Applications for...

**TEAM CANADA WOMEN'S VOLLEYBALL
STRENGTH & CONDITIONING COACH & IST LEAD**

Based at the Olympic Oval in Richmond, BC, and under the direction of the Senior team Head coach, the successful candidate will provide year-round Strength & Conditioning support the Women's National Team - **for the Senior program as well as all Developmental programs** - through evidence-informed interventions while acting as the Lead coordinator for all IST practitioners.

Role and Responsibilities:

Basic responsibilities to include, but not limited to:

- In collaboration with other IST and coaching staff members, develop and deliver a world-class **Strength & conditioning support** in the daily training environment and to targeted athletes remotely.
- Drive forward the delivery of **Sport Science and Sport Medicine services** - including organizing IST meetings, driving communication and reporting, and provide recommendations to the Senior Team head coach and the High-Performance Director.
- With all National Team IST practitioners, lead SS/SM strategies to support the technical and tactical performance of athletes.

Desired Qualifications:

- Graduate degree in physiology, kinesiology, biomechanics or related field.
- Previous experience working with top international and/or professional athletes
- Proficient understanding of the integration of force plates data into program planning.
- Excellent knowledge of the Canadian Sport System.
- Experience monitoring and programming for athletes remotely.

See a more detailed job description on next page

Term

This position is a full-time position. The preferred start date is January 13th, 2025

Salary

The salary range is \$70,000 to \$85,000, dependent on experience and qualifications.

Application deadline:

October 27, 2024

Send a cover letter, a resume and three (3) references **by e-mail only**, to:

Julien Boucher - High Performance Director - Volleyball Canada - jboucher@volleyball.ca

We thank all applicants, however, only those candidates selected for an interview will be contacted.

Volleyball Canada is committed to equity, diversity, and inclusion in all respects, including hiring a workforce that is reflective of the diverse population of Canada with respect to age, gender, ethnicity, religion, ability, sexual orientation, education, and culture. We actively encourage applications from persons who identify as women, indigenous peoples, person with disabilities, LGBTQ2S+ individuals, and members of visible minorities. Self-identification by candidates is completely voluntary.



TEAM CANADA WOMEN'S VOLLEYBALL
STRENGTH & CONDITIONING COACH & IST LEAD
JOB DESCRIPTION

GENERAL DESCRIPTION:

Based at the Olympic Oval in Richmond, BC, under the direction of the Senior team Head coach, the successful applicant will provide year-round Strength & Conditioning support to the Women's National Team Programs through evidence-informed interventions while acting as the Lead coordinator for all Integrated Support Team (IST) staff

ROLE:

- A Communicator in terms of channeling information to ensure maximum promotion & participation in Team Canada programs, services, and events.
- An Implementer in terms of assisting athletes, coaching staff and volunteers in carrying out centre programs.
- An Administrator and planner in terms of the ongoing execution of national team programs, services, and events.
- A Facilitator in terms of the participation in National Team Centre programs by the individual team members, Coaching Staff, VC Members, facility staff and general public.
- An Educator in terms of exposing athletes, coaching staff & volunteers, and general public, to national team programs, events and activities.

LEVEL OF AUTHORITY:

Reports directly to the High Performance Director and the National Team Head coach

Works with:

- **Internally:** Senior team Head Coach - High Performance Director - NextGen Coach - Assistant Coach(es) - National Team athletes – All IST members - Other National Team Centre staff, Volleyball Canada staff
- **Externally:** Other Volleyball Canada staff - Richmond Oval - Other Sport Centres across the country - Schools & Phys. Ed. Consultants – USPORTS/CCAA programs - National Team Athlete Representatives – Alumni – COC - Athletes CAN etc.

Power of Decision:

The S&C coach/IST Lead, in consultation with the HPD and coaching staff, has sufficient authority to take measures that are necessary in the daily management of specific events, services & programs under his/her jurisdiction with program budgetary and policy limitations.

KEY RESPONSIBILITIES (Basic responsibilities to include (but not limited to):

Strength & Conditioning leadership

- In collaboration with other IST and coaching staff members, develop and deliver a world-class Strength & conditioning support in the daily training environment and to targeted athletes remotely.
- Work and communicate effectively with other IST members to address specific challenges with a multidisciplinary and collaborative approach.
- Develop, deliver and refine physical preparation plans for individual athlete's dependent on specific considerations such as training phase, position, developmental age and current health status.
- Implement a thorough monitoring and testing process to assess athletes progress while within the daily training environment and while remotely located.
- Progression of athlete's physical key performance indicators through purposeful implementation of appropriate interventions.
- Coach athletes in one on one or small group scenarios to ensure optimal technique, maximum adaptations and a safe environment.



- Submit comprehensive reports at the conclusion of each training block.
- Provide comprehensive feedback (presentations, publications, reports) of results for athletes and coaches.
- Evaluate current research to broaden knowledge of the sport as well as general knowledge of trends and findings in the discipline.
- Travel to training camps and competitions to optimize performance.
- Adhere to all professional codes of conduct appropriate to the profession or other codes of conduct that might be deemed applicable to sports science and sports medicine practitioners in general.

IST Leadership

- Drive forward the delivery of Sport Science and Sport Medicine services - including organizing regular meetings, driving communication and reporting, and provide recommendations to the Senior Team head coach and the High-Performance Director
- Foster effective working relationship with all coaches to understand coaching philosophy and sport program goals
- Lead SS/SM strategies to support the technical and tactical performance of all athletes with both National Team (and remote) IST practitioners
- Facilitate regular communication within the IST, being inclusive of remote and on-site service providers
- Implement systems and processes to support athlete performance from a humanistic (whole person) perspective
- Facilitate discussion of athlete gaps & strategies to support training/competition
- Work together with Coaches and fellow full-time IST members (i.e., Athletic Therapist) to monitor the Workload & Wellness Monitoring System and adapt accordingly
- Monitor Key Performance Indicators:
 - Coordinate with Coaches & Performance Analyst regarding performance related KPIs.
 - Coordinate with Next Gen IST on SS/SM related KPIs
- Work directly with the High-Performance Director and the Head coach in the development of the Own the Podium annual review process and in developing the High-Performance Plan.
- Alignment of interdisciplinary strategies

Other Duties

- Maintain a proactive approach to personal professional development.
- Present at workshops, lectures and seminars as required.
- Provide other sport science support as appropriate.
- Undertake any other reasonable duties as requested by Volleyball Canada

QUALIFICATIONS AND EXPERTISE:

- Minimum of 5 years' experience working in a high-performance sport environment at the University/College level of higher (including National and International Competitions).
- National Strength & Conditioning Association (NSCA), Certified Strength and Conditioning Specialist (CSCS) certification
- Previous experience planning with a longitudinal or quadrennial perspective.
- Ability to demonstrate a leadership role in IST support with a national team at international championships and training camps.
- Strong presentation skills.
- Experience in developing and implementing innovative ideas and putting them into practice, including working in an applied and integrated manner.
- High technology proficiency (Microsoft Excel, Athlete Monitoring Systems, etc.)