STRENGTH AND CONDITIONING COACH

St. Francis Xavier University, one of Canada’s leading universities and most prominent athletics program, is seeking a Strength and Conditioning Coach to join our Athletics team. Reporting to the Manager, Varsity Athletics & Communications, the Strength and Conditioning Coach (S & C Coach) will develop and deliver appropriate strength and conditioning sessions with student-athletes on various varsity teams. The S & C Coach will track athlete data and generate reports to coaching staffs. The S & C Coach must provide year-round sport specific training programs, using the most up to date scientific knowledge and methodology that will increase the physical performance, prevent injury, and allow StFX varsity athletes to maximize their athletic potential. The incumbent will also be responsible to deliver testing and training to identified Canadian Sport Centre Atlantic (CSCA) athletes in their preparation for provincial team and/or national team performance.

The successful candidate will be an inspiring individual with high ethical and moral standards who will promote values-based sport and support the Canadian Anti-Doping Program. The responsibilities of this position are accomplished through collaboration and teamwork with the varsity head coaches, student interns, Athletics & Recreation department staff, and interactions with external individuals and groups including CSCA.

Duties and Responsibilities

- Develop and deliver appropriate strength and conditioning training sessions/programs to the various StFX varsity teams;
- Track athlete data and generate reports to coaching staffs;
- Provide year-round sport specific training programs, using the most up to date scientific knowledge and methodology;
- Deliver testing and training to identified Canadian Sport Centre Atlantic (CSCA) athletes;
- Take the lead in managing and scheduling the Varsity Weight Room (Strength and Conditioning space);
- Contribute to maintaining a professional, clean, and organized strength and conditioning facility.

Qualifications and Skills

- Bachelor’s Degree in Human Kinetics, Sport Science or related field;
- NSCA – Certified Strength and Conditioning Specialist (CSCS);
- Must be a reliable individual possessing strong communication and motivational skills;
- Current CPR and First Aid certification;
- Experience working with U SPORTS level athletes or greater;
- Experience developing and delivering strength and conditioning programs.

Consideration of applications for this position will begin on May 11, 2018, and will continue until the position is filled. A letter of application, including detailed resume, should be directed in confidence to:

Human Resources
StFX University
Antigonish, NS
Email: careers@stfx.ca

Only those selected for an interview will be contacted. Preference will be given to Canadian citizens and permanent residents. StFX respects diversity and welcomes applications from visible minority group members, women, Aboriginal persons, persons with disabilities, members of sexual minority groups.