



Adult Race Coach 2019

London Ski Club Racing is an organization providing alpine racing programs for children and adults at Boler Mountain in London, Ontario. Ski racing programs are available for children starting at age 7 and continue through for adults.

*It is the **mission** of London Ski Club Racing to deliver a program that fosters and promotes the sport of Alpine Ski Racing. LSC-Racing will provide this through healthy competition and sportsmanship, while providing the necessary resources, structure, support, skills, education and positive experiences to enable our athletes and coaching staff to achieve their full potential in life.*

*The **vision** of London Ski Club Racing is to continue to grow, provide and create a competitive, accessible, and sustainable racing program within the greater London community and the province of Ontario.*

Title

Adult Race Coach

Reports To

Head Coach & Human Resources

Staff Hours

January 2, 2019 - March 1, 2019

Week Days: Tuesday & Thursday 7:30 PM - 10:15 PM

Summary

The role of the Adult Race Coach is one that demands hard work, creativity, group control and an enthusiastic attitude towards athletes and sport. The Coach is required to create and follow a comprehensive weekly lesson plan & training/drill courses based on the 'Adult Racing Season Plan' as provided by management. The Coach works directly with athletes within the program focusing on fundamental/intermediate & advanced skills, overall performance as an athlete and fostering a love of the sport. Coaches are expected to teach classes that are skill level appropriate, challenging, productive, and fun. This includes being prepared to teach in a variety of weather conditions (including rainy day programs). Coaches are responsible for teaching

athletes the safety requirements of the program and race courses ensuring that all participants use equipment properly and follow safety standards.

Core Competencies

- Knowledgeable
- Accountability
- Communication
- Teamwork
- Creativity
- Competitive
- Leader

Overview of Responsibilities

- Coaches are responsible to set their own courses weekly and seek required assistance/guidance as needed.
- Lead group through dynamic warm-up and cool down activities each session.
- Develop and deliver age appropriate programs with onsite equipment that encourages movement and strength of lower joints used in Alpine Skiing.
- Maintain equipment and assist in housekeeping duties to keep building clean on a weekly basis.
- Work with other staff members to form a positive, supportive team atmosphere.
- Maintain adherence to all organizational policies and procedures, including safety requirements.
- Attend all staff meetings and on-hill sessions during the season.
- Participate in curriculum planning with other staff members and management.
- Work cooperatively and effectively as a team member by communicating and contributing information on a continuous basis.
- Assist with other duties as requested.

Requirements

- Seasons membership to Boler Mountain (see Management for further details)
- Minimum CSCF Level 1 Certified certification (CSCL Level 2 Trained or Certified certification preferred).
- Past experience with course setting both GS and SL courses
- Strong overall knowledge of biomechanics relating to Alpine Skiing and ability to apply knowledge into program planning
- Minimum of 1 year past coaching experience as a lead coach of a Race Team
- Demonstrated competency in oral and written communication skills.
- Ability to pass a criminal background check.
- Excellent interpersonal skills.

- High level of energy.
- High levels of patience.
- Excellent problem solving skills.
- Ability and willingness to perform required physical tasks.
- Ability to recognize individual learning styles and the characteristics of learners.
- Willing to participate in ongoing learning.

Work Conditions

- Interacts with peers, athletes, parents, management & Board of Directors.
 - Regular to frequent requirement to perform physical activities including bending, standing, lifting, stooping, stretching, squatting, pushing and pulling, sitting, running, walking and supporting students.
 - Wear a helmet at all times while on-hill.
 - Outdoors in all weather conditions
 - Staff may leave once dismissed by management for the day (generally 15 min after end time).
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How to Apply

If you believe you'd be a great Adult Coach on our team, please send your resume and cover letter to Human Resources at Iscracing@gmail.com and include *Adult Racing Coach - Applicant* in the subject line. We thank all candidates who apply, only those selected for an interview will be contacted.