



Dryland 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

Dryland Coach

Reports To

Head Coach & Human Resources

Staff Hours

Saturdays: September 14, 2019 - November 9, 2019 (excluding Thanksgiving weekend)
10 AM - 12 Noon

Summary

The role of the Dryland Coach is one that demands hard work, creativity, group control and an enthusiastic attitude towards children and sport. The Dryland Coach is required to create and follow a comprehensive teaching outline and ensure that all required components of the Dryland program are taught during the course of the week. The Dryland Coach works directly with athletes within the program focusing on movements, strength, endurance and agility in large lower joints used in Alpine Skiing. Coaches are expected to teach classes that are age appropriate, 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 each program ensuring that all participants use equipment properly and follow safety standards.

Core Competencies

- Accountability
- Communication
- Teamwork
- Creativity

Overview of Responsibilities

- 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.
- Supervise, guide, demonstrate and assist children in daily activities.
- Maintain equipment and assist in housekeeping duties to keep building clean on a weekly basis.
- Maintain adherence to all organizational policies and procedures, including safety requirements.
- Maintain attendance records of children participating in the Dryland Training program.
- 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.

Requirements

- Minimum CSCF Level 1 Trained certification (CSCL Level 1 Certified certification preferred).
- Strong overall knowledge of biomechanics relating to Alpine Skiing and ability to apply knowledge into program planning
- Minimum 1 year past coaching experience - preference within Alpine Skiing
- Minimum 2 years experience working with school aged children.
- Demonstrated competency in oral and written communication skills.
- Ability to effectively interact and relate to children in a developmentally appropriate manner.
- 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.
 - Outdoors in all weather conditions
 - Staff may leave once dismissed by management for the day and all children have been picked-up by parents (generally 15 min after end time).
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How to Apply

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