Toronto Pan Am Sports Centre Inc. (TPASC) is currently seeking a **Part-Time Strength and Conditioning Coach** to join our team!

**At the Toronto Pan Am Sports Centre Inc. we can offer you:**
- Free membership to the Centre during your employment
- Team Environment
- Complimentary Corporate Events
- Discounts with various vendors on items such as mobility, clothing, events, etc.

The Strength and Conditioning coach will be involved in direct program delivery through assisting with the programming and servicing of strength and conditioning training sessions for sports teams, schools, and other organizations.

**The duties and responsibilities of the role include, but not limited to:**

**Strength and Conditioning for the TPASC Sports Academy**
- Implements and grows performance-training services to the community and athletes;
- Assists in strategizing ways to increase growth and revenue generation for the Academy;
- Plans and performs physiological and assessment testing protocols on external teams and individuals;
- Designs individual and team programs based on test results, training age, environment, and culture;
- Ensures that the delivery of the strength and conditioning service effectively meets its commitments to athletes, coaches and individuals;
- Works closely with the Head Strength and Conditioning Coach, club coaches and staff to coordinate and execute team specific strength and conditioning programming, while developing strong relationships on an individual basis;
- Monitors teams training sessions on a weekly and daily basis to ensure athlete development;
- Supervises training sessions;
- Assists in implementing appropriate preparation and recovery strategies;
- Explains weightlifting technique and programs in language that is appropriate;
- Builds relationships with sports clubs and other organizations to achieve the strategic targets of the Academy.

**The successful candidate will possess the following qualifications:**
- A bachelor’s degree in Kinesiology or related program;
- Certified Strength and Conditioning Coach (NSCA CSCS);
- Current Standard First Aid with CPR-C required;
- A minimum of 1 year related experience developing team strength and conditioning training programs;
- Well-developed interpersonal and relationship building skills;
- Must be able to encourage and motivate members/athletes;
- Excellent written and oral communication skills;
• Works well in team settings;
• Experience and sensitivity in dealing with athletes of all abilities and ages;
• A flexible schedule including days, evenings and weekends to accommodate the demands of teams.

Three professional references will be required, and a Vulnerable Persons police records check will be required for the successful candidate(s).

**Hours of work:** Successful candidate(s) need to be available to work on weekdays and weekends, between 5:30am - 8:00pm.

**Hourly wage:** $30.00 to $35.00 per hour, dependent on experience and qualifications.

**Reports to:** Head Strength and Conditioning Coach

**HOW TO APPLY**
Please submit your cover letter and resume by email to the attention of Shawn Wilson-Lockwood, Head Strength and Conditioning Coach by August 10th, 2024.

E-mail: swilsonlockwood@tpasc.ca

**OUR HISTORY**
A legacy of the 2015 Toronto Pan Am and Parapan Am Games, Toronto Pan Am Sports Centre is operated by a corporation co-owned by the City of Toronto and the University of Toronto. The world-class facility was the largest sport new-build for the Games and the largest infrastructure investment in Canadian amateur sport history. Toronto Pan Am Sports Centre delivers extensive programming that serves recreational and community groups, university students, high performance athletes, as well as fitness centre clientele. The building’s 312,000 square-feet includes two internationally sanctioned 10-lane 50-metre pools, a world-class dive pool and dry-land dive training facilities, a four-court gymnasium, a rock climbing wall, an indoor running track, conditioning rooms, a high performance testing centre, studio spaces, and a state-of-the-art fitness centre for members. The Canadian Sport Institute Ontario (CSIO) is located at Toronto Pan Am Sports Centre and provides world-leading sport science and sport performance services. Toronto Pan Am Sports Centre opened to community users, University of Toronto faculty, staff and students, City of Toronto program users and high performance in September 2014. For more information visit [www.torontopanamsportscentre.ca](http://www.torontopanamsportscentre.ca)

Toronto Pan Am Sports Centre Inc. is committed to creating an inclusive and diverse work environment and is proud to be an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, age, marital status, family status or disability. Toronto Pan Am Sports Centre Inc. will provide, on request, accommodations for disabilities to support your participation in all of our Recruitment Process.

We thank all applicants that apply, however only those being considered for an interview will be contacted.