



www.kajaks.ca

October 18th, 2015

Kajaks Track & Field Club is seeking a Sprints & Hurdles Coach

Join our team of dedicated and caring coaches as a speed and power coach for our high school age athletes. Training to take place 2 to 3 times each week at Richmond Minoru track and Richmond Olympic Oval.

Responsibilities:

- Lead weekly sprints and hurdles practices for group of 10-15 athletes
- Support athletes at local competitions
- Engage and lead our high school age sprints and hurdles athletes
- Provide athletes and their families with a safe and positive training experience
- Create, deliver and execute dynamic training plans for sprints and hurdles athletes
- Adapt training plans to meet the unique goals of each athlete in the training group
- Translate your event specific experience and expertise into tools your athletes can use
- Collaborate with fellow coaches to execute Kajaks Meets and other club events
- Actively participate in your own coaching development

Skills and attributes:

- Ability to motivate and inspire athletes to achieve their personal best performances
- Excellent interpersonal communication skills with athletes, parents and club coaches
- Thorough understanding of Track & Field events and rules

Required: Club Coach Level coaching accreditation and /or equivalent or commitment to achieving same within 1 year. Cleared police records check.

To apply for this opportunity please send cover letter and resume to coachkajaks@gmail.com