



## **Pacific Athletics Track and Field Club is seeking Power/Speed Coaches**

Pacific Athletics has a volunteer opportunity for interested and qualified individuals to lead our **High School Power/Speed training group**. Depending on interest and qualifications, duties could be split between coaches. Individuals should be comfortable coaching athletes in the following events : Sprint/Distance Hurdles, Running events from 100m through 1500m, Long, Triple and High Jump. Throws coaching experience an asset for preparing combined events athletes (heptathlon/decathlon), however there is access to a dedicated Throws group for assistance. Pole vault training is not required, as the club has access to a dedicated Pole Vault group who can provide training. Mentoring available.

### **Responsibilities :**

- Lead 3-4 weekly practices for a group of 10-15 athletes, October through July
- Support athletes at local Island and lower mainland competitions
- Engage and lead our high school age sprints, hurdles, jumps and combined events athletes
- Provide athletes and their families with a safe and positive training experience
- Create, deliver and execute dynamic training plans for athletes
- Adapt training plans to meet the unique goals of each athlete in the training group
- Actively participate in your own coaching development

### **Skills and attributes:**

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

### **Required:**

- Club Coach (NCCP 2) level coaching accreditation in Sprints/Hurdles and Jumps, and/or commitment to achieving same within 1 year. Club will fund training course(s) in return for an agreed upon coaching commitment. Clear current Criminal Record Check.

### **Desired:**

- Undergraduate degree or education in Human Performance, Kinesiology, Human Kinetics or Physical Education or equivalent is an asset
- Certified Strength and Conditioning Specialist (CSCS) accreditation is an asset
- Provincial, National and or International experience as a T/F athlete is an asset

For inquiries or to apply please contact or send cover letter and resume to [pacificathleticstf@gmail.com](mailto:pacificathleticstf@gmail.com)