



Position: Summer Competitive Program Coach

The ERC is a successful club that provides a community environment to foster a passion for the sport of rowing and support athlete development. Founded in 1972 on the shores of the North Saskatchewan River, the ERC provides year-round competitive and recreational rowing programs for all skill levels. Athletes from the ERC compete successfully at local, national and world levels. The ERC takes pride in developing high-level athletes as well as giving Edmontonians the chance to experience the joy of rowing through rowing instruction, training, and youth summer camp programs from our home in Edmonton's scenic river valley. We are looking for positive and energetic Summer Instructors for the 2025 summer season.

Position Details:

Summer Competitive Program Coach

Location: Edmonton, Alberta

Application Closing: March 15, 2025

Start Date: April 1, 2025 for limited summer planning & training. May 1, 2025 for water programs.

End Date: August 31, 2025

Wage: \$23-26/hour commensurate with experience + 4% Vacation Pay

About this position

The **Summer Competitive Program Coach** is responsible for leading and implementing structured training plans for ERC's **Senior and Master Competitive** rowers, ensuring their technical and physical development throughout the season. The coach will work closely with the Head Coach to align development goals and support ERC athletes in achieving success at **provincial and national regattas (should they qualify)**.

This position requires a **motivated individual** who fosters a **positive team culture**, emphasizes athlete development, and maintains high safety and performance standards.

Responsibilities/Duties

1. Training Plan Development and Implementation

- Collaborate with the Head Coach in developing and implementing **structured training plans** for competitive athletes, focusing on endurance, strength, technique, and race strategy.
- Implement daily **on-water and land-based training sessions**, ensuring progressive development throughout the season
- Establish **measurable benchmarks** to track individual and team progress.
- Develop a **selection framework** for seats, boats, and regattas, ensuring transparency in competitive decisions.

2. Supervise On-Water and Land Training

- Lead on-water training sessions with an emphasis on **technical refinement, power application, and efficiency.**
- Provide real-time feedback to athletes and make **necessary adjustments** to their training plans.
- Conduct **land-based workouts**, including ergometer sessions, strength training, and mobility exercises to complement on-water performance.
- Maintain a **positive and high-performance environment** that motivates athletes to not only commit to the program but push their limits.

3. Regatta Preparation & Coaching

- Plan and execute **race preparation strategies**, including pacing, race tactics, and mental preparation.
- Working with the Club Manager, oversee equipment **travel logistics** for local, regional, and national regattas (if attending).
- Provide pre-race coaching, ensuring athletes perform at their peak.
- Conduct post-race reviews to evaluate performance and set goals for improvement.

4. Leadership and Team Engagement

- Foster a **team-orientated culture** that promotes commitment, accountability, and sportsmanship.
- Support athlete development by setting **individual and team goals** for the season.
- Monitor attendance and address barriers to participation.
- Act as a **mentor and role model**, reinforcing ERC's values of respect, dedication, and excellence

5. Performance Tracking and Feedback

- Track athlete progress using **erg scores, race results, and technical assessments.**
- Provide **individualized feedback** to athletes, helping them refine their skills and achieve their goals.

- Adjust training plans in consultation with the **Head Coach** based on athlete performance and feedback.
- Submit a **monthly report** to the Board summarizing athlete development, program updates, and key achievements

6. Communication and Support

- Maintain regular communication with athletes regarding training schedules, competition plans, and program expectations.
- Provide guidance on nutrition, mental resilience, and recovery strategies to optimize athlete performance
- Foster an inclusive and supportive environment for all athletes.

7. Health and Safety

- Ensure all training sessions follow **Rowing Canada Safety Guidelines** and **ERC Safety Protocols/Policies**.
- Monitor weather conditions and water safety, adapting training plans as needed.
- Be prepared to manage any health or injury concerns, prioritizing athlete well-being.
- Communicate **Emergency Action Plan (EAP)**, ensuring all athletes are aware of safety protocols and communicate suggestions for necessary adjustments to the EAP as required to the Club Manager.
- Report any safety incidents to the Vice President within four (4) hours.

Training

- Staff will receive training at the beginning of the work term regarding:
 - Learn to Row and Summer Camp coaching (RCA LTR Coach) (if not already certified)
 - Safe operation of safety boats
 - Safety procedures at the ERC
 - Safe handling of materials used for boat repair (PPE provided)
 - Rigging training

Opportunities for additional coach training are available.

Nature of Position

This is an hourly position that requires 20 to 40 hours per week with a requirement to assist in other club programs as needed. The schedule for the month will be discussed at the beginning of every month with the club manager. Hours may include mornings, evenings, holidays and weekends depending on requirements of the club schedule.

Qualifications

- Strong understanding of **rowing mechanics, athlete development, and race preparation**
- Proven experience coaching competitive rowing is considered an asset
- Certification in rowing coaching with Active Coach Status (required)
- **Standard First Aid and CPR-C certification** (required)
- **Pleasure Craft Operator Card** (required)
- **Class 5 Driver's License** (required) - may be required to tow a boat trailer
- Ability to tow a boat trailer is considered an asset

Candidates will be required to complete a Criminal Record Check and Vulnerable Sector Search in addition to completing requirements as outlined in the Safe Sport policy.

Only candidates considered for interviews will be contacted. Applications will be reviewed on a rolling basis as they are received.

How to Apply

Interested? Apply now by emailing your resume with cover letter to vicepresident@edmontonrowing.ca