



Job Description: Strength and Conditioning (S&C) Assistant Coach

All job functions of the S&C Assistant Coach will be carried out under the direction of the Jr Bison S&C Leader. The S&C Leader will be expected to provide daily feedback to the S&C Assistant regarding all job functions and athlete behavior.

Please submit all applications to: cole.scheller@umanitoba.ca. Because of University of Manitoba email security, please submit applications from an '@myumanitoba.ca' email address if possible to ensure there is no delay because of firewall.

PROGRAM SUMMARY

MISSION OF THE JUNIOR BISONS PROGRAMS:

1. Develops children and youth as educated leaders in physical activity for young people.
2. Provides a context for experiential education of students in degree programs to develop, disseminate and discover the benefits of working with children and youth in the promotion of physical activity.
3. Provides excellent and inclusive recreation/sport and educational experiences to young people.
4. Promotes the Faculty of Kinesiology and Recreation Management and the University of Manitoba as destinations for post-secondary education.
5. Contributes to the creation and dissemination of physical activity knowledge.

Our Vision: To be recognized locally and nationally as a leader in providing evidence-based programs while actively collaborating in the creation and dissemination of physical activity knowledge. Mini U Programs develops excellent, innovative leaders and provides stimulating, quality programs for children and youth that reflect the values of inclusiveness, fair play and healthy development.

MISSION – JUNIOR BISONS STRENGTH AND CONDITIONING:

The University of Manitoba Junior Bisons Strength and Conditioning department strives to deliver training programs that optimize both the health and performance of youth athletes. This is accomplished via ethical, safe, and effective training means. An environment of excellence and continuous improvement is fostered through on-going education, professional development, and the appropriate integration of technology.

Qualifications:

- Emergency First Aid (& CPR C).
- Student at a post-secondary institution - preferred.
- Completion or current enrollment in KPER 3512 (Principles of Fitness Training) - preferred.

General Responsibilities and Duties:

- Arrive on time, in uniform every shift.
- Help contribute to a positive, motivated, energetic, and enthusiastic work environment.
- Be a self-motivated and dependable team player.
- Ask for assistance when needed.

PROGRAM LEADER GENERAL RESPONSIBILITIES AND DUTIES**Leadership & Supervision of Children**

- Supervise assigned children/ athletes ensuring the safety and wellbeing of participants. This includes recording the ongoing attendance of individuals assigned to your care.
- Establish a positive, respectful, and inclusive learning environment while developing a good rapport with youth athletes.
- Engage with youth athletes during training sessions with enthusiasm and energy.
- Apply certified emergency first aid and CPR skills as required.

Customer Service

- Represent the University of Manitoba, Mini U Programs and Junior Bisons with a high level of professionalism.

Administration

- Immediately report any concerns related to the health, safety, and well-being of program participants to appropriate authorities. This may include the Associate Director and/or Child Family Services.
- Complete accident and incident report forms immediately following incidents.
- Be aware of any schedule changes as per S&C Leads instructions.
- Report customer inquiries regarding program content, activities, and overall satisfaction to S&C Lead

Other

- Other duties as assigned by the associate director, program coordinator or program supervisor.
- All employees of Mini U and Junior Bisons must be comfortable working independently, in a busy, boisterous, and sometimes stressful environment.

POSITION SPECIFIC RESPONSIBILITIES AND DUTIES**Assistant Strength and Conditioning Coaches**

- Assist in coaching Junior Bison Volleyball S&C sessions to ensure productivity and safety of the youth athletes.
- Provide clear instructions in an easy-to-understand language to help describe exercises to the athletes.
- Demonstrate different types of movements that would be included in in-season training such as strength, power, and plyometric exercises.
- Record vertical and horizontal jump data and log athletes' lifted weights.
- Create performance reports in Excel using the jump and weightlifting data to analyze performance.
- Show leadership skills through organization and good communication to set an example to the youth athletes.