



Expression of Interest – Strength and Conditioning

Canada Basketball is the national sport governing body for amateur basketball in Canada. Located in Toronto, Canada Basketball is a not-for-profit organization whose mission is to “We aspire to excellence in leading the growth and development of the game at home, and in pursuing medal performances on the international stage.”

OPPORTUNITY

Title: Contractor, Strength and Conditioning
Reports to: Director, Sport Science / IST Lead
Application Deadline: January 28, 2024

EMPLOYMENT TYPE

Type of Position: Contractor (Casual)
Compensation: Commensurate with experience

All Applicants: must be legally entitled to work in Canada

Canada Basketball is committed to creating an inclusive and diverse work environment and is proud to be an equal opportunity employer. We welcome and encourage applications from First Nations, Metis and Inuit peoples, racialized persons, persons with disabilities, and those who identify as women and/or 2SLGBTQ+. All qualified applicants will receive consideration for employment without regard to race, ancestry, place of origin, ethnic origin, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability or any other protected ground of discrimination.

As a condition of employment, the successful candidate will be required to undergo a successful background check and vulnerable sector check.

CB welcomes and encourages applications from people with disabilities. Accommodations are available on request for candidates taking part in all aspects of the selection process.

We thank all applicants for their interest, however, only those being considered will be contacted.

EXPRESSION OF INTEREST

Canada Basketball Women’s High Performance (WHP) program is seeking Expressions of Interest from Strength and Conditioning practitioners who are interested in delivering service on behalf of Canada Basketball on a contract basis. The position is casual. There is no obligation for Canada Basketball to provide the contractor with work.

Successful candidates will be added to the Canada Basketball Women’s High Performance Integrated Support Team Pool and approached with contract opportunities as they become available. Canada Basketball is seeking Certified Strength and Conditioning Specialists located in the GTA.

OVERVIEW

The Women’s High Performance (WHP) program delivers high performance programming for a variety of national team age groups including U14/15 (Junior Academy), U16/17, U18/19, U23 and Senior teams. We are seeking to expand our integrated support team pool with qualified strength and conditioning coaches to support potential domestic and international training camps, and competitions.



POSITION SUMMARY

- Provide strength and conditioning support to targeted athletes during training camps and/or competitions as required.
- Demonstrate technical knowledge in the areas of strength and conditioning, and sport science including but not limited to: programming, strength/power/speed development, energy system development, and physical testing batteries (development and implementation), needs analysis/KPI tracking and monitoring.
- Work as a strength and conditioning specialist within Canada Basketball's multi-disciplinary Integrated Support Team (IST), supporting athletes' daily training environment.
- Communicate with Canada Basketball Director, Sport Science / IST Lead regarding programming, injury reporting, and inter-disciplinary projects as required.

DUTIES & RESPONSIBILITIES

- Develop and deliver strength and conditioning support to Canada Basketball athletes and/or teams to which you are assigned, as required.
- Deliver education sessions to athlete and coaches in the areas related to strength and conditioning (including but not limited to: physical testing, training programs, rest/recovery and periodization).
- Co-ordinate and deliver established physical testing batteries/processes aligned with Canada Basketball Women's High Performance physical testing protocols. This includes all aspects of physical testing, such as data entry, and reporting of results.
- Work closely with Canada Basketball IST to uphold standards of practice related to physical testing, programming, and/or tracking/monitoring of athlete progress.
- Collaborate as part of an Integrated Support Team, communicating effectively with coaches and other IST members to provide an integrated approach to optimizing/enhancing athlete health and performance.
- Participate in meetings with IST, coaching staff, athletes, and other stakeholders, as required.
- Maintain an accurate record of work conducted.
- Adhere to any professional codes of conduct appropriate to your profession or other codes of conduct that might be deemed applicable in general to sport science and sport medicine practitioners.
- Maintain a proactive approach to personal professional development.

QUALIFICATIONS, REQUIRED SKILLS & KNOWLEDGE:

Qualifications

- Bachelor's Degree in Strength and Conditioning, Kinesiology, Exercise Physiology, Exercise and Movement Science, Biomechanics or related field (graduate level preferred).
- Certified Strength and Conditioning Coach via the NSCA (CSCS) or equivalent.
- Valid CPR and AED (valid First Aid preferred).
- Attained or working towards Sport Science Canada High Performance Certification.
- Must hold professionalism liability insurance.
- Valid SafeSport training.

Skills/Knowledge

- Minimum 2 years working in a high-performance sport setting.
- Demonstrated coaching experience, including experience working with youth athletes.
- Previous experience/familiarity with S&C technologies (HR monitors, Force Plates, etc.) and S&C Software (Teambuildr, Bridge, TrainHeroic, etc.) considered an asset.
- Previous experience with sport science technologies (AMS platforms, IMU/GPS etc.) considered an asset.
- Strong theoretical and applied knowledge of the core principles of strength and conditioning as it relates to performance.
- Strong technical knowledge and ability to teach and demonstrate various exercise techniques, running mechanics, plyometrics, agility/change of direction movements (including progressions and regressions of movements as required).
- Ability to adapt programming based on identified needs of athletes.
- Strong communication skills with the ability to communicate complex processes clearly, and concisely with the necessary audience.

- Excellent problem solving, adaptability, and the ability to execute these skills under pressure.
- Ability to collaborate within an integrated support team, including communicating effectively within the support team.
- Strong data organization, management and analysis skills.
- Familiarity with the Canadian Sport System.
- Olympic Weightlifting certification is considered an asset.
- Background in high performance sport as an athlete or strength & conditioning coach considered an asset.
- Bilingualism is considered an asset.

Interested applicants should submit their cover letter and resume to:

lbuschmann@basketball.ca

Please include your cover letter and resume in one document and ensure the email subject line reads
"Expression of Interest – Strength and Conditioning – Women's High Performance"