



## Halifax Rowing Club

### Job Posting: Rowing Coach (2 positions)

#### **About Halifax Rowing Club:**

Halifax Rowing Club (HRC) is located on the historic and beautiful North West Arm. HRC brings together people who enjoy the sport of rowing and who want to learn. The purpose of the Club is to provide recreational and competitive rowing in our community and to encourage participation in the sport. We offer programs designed for beginner, intermediate and advanced rowers interested in fun, fitness, recreation and/or competition. Our competitive rowers row in regattas in Nova Scotia, New Brunswick, Quebec, Ontario and Northeastern U.S.A. Interested recreational rowers may also compete in many regattas throughout the rowing season.

HRC also offers a Para-Rowing program for rowers with disabilities.

#### **Position Overview:**

Under the direction of the HRC Head Coach, HRC's Rowing Coaches will be responsible for coaching to rowers in HRC's junior and adult Fitness, 1<sup>st</sup> Year, and Competitive programs.

#### **Specific Responsibilities:**

- To coach HRC's junior and adult rowing programs including
  - Fitness – which is designed for rowers of any age who are, primarily, interested in rowing as a recreational / fitness activity for life
  - 1st Year – which is designed for new rowers
  - Competitive – which is design for rowers who are interested in competing at local and national regattas
- Provide a high level of instruction and coaching to all participants in HRC's rowing programs
- With the support of the Club's Head Coach, identify group, crew and individual training objectives (fitness, fun, competition, etc.) and develop training plans to allow each group, specific crews, and individual participants to meet these objectives
- Work to develop and enhance rowing technique and skills for all program participants
- Regularly check-in with program participants to identify opportunities to continuously improve the content and delivery of HRC's rowing programs
- To ensure that 1<sup>st</sup> Year programs are designed to be fun and enjoyable. Identify the short and long term objectives for participants in the 1<sup>st</sup> Year program, and provide coaching to these rowers so that they can move into the Fitness or Competitive rowing programs as quickly as possible, depending on the individual's specific objective.
- Ensure that all rowers are made to feel welcome by answering questions and addressing member requests, organizing crews and individual members, allocating shells and ensuring they are safely moved to / from the water, etc.
- Use the crew planning tool (Doodle Poll) and ensure that this information is communicated to appropriate rowers.
- Assist with Learn-to-Row classes as required and as directed by the Head Coach
- Follow all Club's safety rules and procedures
- Ensure that all rowers follow the Club's safety rules and procedures, handle equipment in a safe method, clean equipment as required, understand the correct on-water flow pattern, and follow instructions from coaches and coxes.
- To communicate with the Club's Head Coach to ensure that any issues or concerns are addressed and rectified.

#### **Qualifications:**

- RCA Learn-to-Row Certification
- RCA Coach Trained or willingness to complete
- prior experience as a rowing coach working with both junior and adult rowers
- experience as a high level, competitive rower is desirable
- boat operator's card

- current qualifications in First Aid and CPR before starting employment at HRC
- excellent interpersonal skills
- friendly, enthusiastic, an avid rower and promoter of rowing as a competitive sport and as a lifelong fitness activity
- highly organized

**Work Schedule:**

- Approximately 30 hours/ week (see Note 1)
- Work hours could be split between early mornings and afternoons/evenings, weekdays and evenings
- April 26, 2015 – August 31, 2015, with a possible extension(s) from September 1, 2015 – November 1, 2015 (see Note 2)

**Note 1:** hours may vary from week to week, Rowing Coaches may be scheduled to work during regattas at the direction of the Head Coach

**Note 2:** positions may be extended to work reduced hours per week in September and October

**Criminal Record Check:**

- If requested to do so, applicants for this position must, at their own expense, provide a Criminal Record Check.
  - o For those living in the Halifax Regional Municipality please see:  
<http://www.backcheck.net/halifax/>
  - o For those living outside of this area please see:  
<https://www.mybackcheck.com/Public/Login.aspx>

If you are interested in this position please email your resume to [programs@halifaxrowing.ca](mailto:programs@halifaxrowing.ca) no later than March 13, 2015.