



## VICTORIA CITY ROWING CLUB

5100 Patricia Bay Hwy  
Victoria, BC, V8Y 2T6  
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[www.vcrc.bc.ca](http://www.vcrc.bc.ca)

### **Job Posting**

## **VCRC Junior Fun & Fit Assistant Coach**

### **Overview**

The Victoria City Rowing Club (VCRC) is a vibrant and diverse club that provides high quality rowing opportunities for all members of the community, in an environment that fosters a love of rowing and supports athlete, coach and citizen development. In operation for over 60 years on beautiful Elk Lake, VCRC provides year-round competitive and recreational rowing programs for all skill levels and ages. VCRC shares facilities with Rowing Canada Aviron's National Training Centre, the Greater Victoria Youth Rowing Society and the University of Victoria. VCRC believes that by following the principles outlined by Canadian Sport for Life, we will deliver high quality programs for all rowers, provide high levels of member satisfaction, and increase participation and retention in VCRC programs. The VCRC junior program is one of the biggest junior programs in Canada.

### **VCRC Junior Fun & Fit Program overview:**

For youth grade 8 - 12 in the Learn to Train and Train to Train stage. This is a great program for younger athletes and juniors with a lot of other commitments. The Junior Fun & Fit program is for youth Grades 8-12 who already know how to row, and are rowing primarily for fun, fitness and skill development. This is a great program for younger athletes and juniors with a lot of other commitments outside of rowing. Athletes will be grouped by age, where possible.

### **Responsibilities and duties:**

The Junior Fun & Fit Assistant Coach will:

- Coach the VCRC Junior Fun & Fit program.
- Supervise shadow coaches.
- Work with the VCRC Director junior rowing and Fun & Fit Lead coach to structure, and plan the program and support develop the training plan.
- Report to the VCRC Director junior rowing and Fun & Fit Lead coach
- Assist in giving athletes race opportunities

### **Nature of the position and links:**

VCRC Fun & Fit Lead coach and VCRC Director junior rowing – Kept up to date on VCRC Junior Fun & Fit Program equipment needs, competitions, and regattas

All VCRC Coaches – Liaise regularly to ensure a supportive environment and smooth running of programs.

VRS and ALL other lake users – Maintain respectful relationships.

Partners in the Community – Build and maintain respectful relationships.

### **Schedule:**

42 weeks 6-12 hours per week. Juniors train weekday afternoons and 1-2 session on the weekend. Work will also include travelling to and coaching at regattas (weekends). The exact schedule for each program is to be determined and will take into account coach's availability.

Coach is involved in a minimum of one and a max of 3 junior Fun & Fit groups:

Fun & Fit 1: Monday, Friday 4:15pm - 6:15pm and Saturday 12:00pm - 2:00pm

Fun & Fit 2: Tuesday, Thursday 4:15 - 6:15pm and Sunday 12:30 - 2:30pm

Fun & Fit 3: Wednesday 4:14pm-6:15pm and Saturday and Sunday 9:30am - 11:30am

### **Seasons**

Fall: Sept 14-Nov. 1 (7 weeks); Winter/Spring: Nov. 8-March 14 (16 weeks);

Spring/Summer (Competitive season): March 31-August 1 (18 weeks)

Coaches wishing to only apply for one season will be considered, but full year commitment is preferred. Term of contract: September 14<sup>th</sup> 2020 – August 1<sup>st</sup> 2021

### **Qualifications:**

- Pleasure Boat Operators license ('Boat Pro') required

Required or must be completed within 2 weeks of start of employment

- NCCP LTR Instructor (or equivalent)
- Basic First Aid
- Making Ethical Decisions module online
- NCCP Coach Initiation
- Criminal Record Check
- Respect In Sport (Activity leader) online module
- Experience coaching and working with youth an asset
- Administrative and organizational skills

**To apply, please submit a resume and letter by September 7<sup>th</sup> to:**

VCRC Director Junior Rowing

Email: [vcrcjuniors@gmail.com](mailto:vcrcjuniors@gmail.com)