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Strength and Conditioning Coach Job Posting

Title of Position: Strength and Conditioning Coach

Term: Permanent Part Time

Start Date: ASAP

Remuneration: Salary and benefits are according to internal OHA salary policy, and based on experience.

Announcement Date: January 12, 2022

Closing Date: February 3, 2022

Okanagan Hockey Academy (OHA) is seeking a part time Strength and Conditioning Coach to join our team in Penticton, BC. The successful candidate will become part of a world class hockey development program that believes in a commitment to excellence in all areas of the student athlete's on and off ice training.

OHA Background

The Okanagan Hockey Academy is a division of Okanagan Hockey Group Inc., which is the longest and oldest running hockey school in the world. We have provided professional hockey instruction since 1963 and are located in Penticton, British Columbia. We have a state of the art facility to provide a unique development opportunity for each of our student athletes. The Okanagan Hockey Academy is a prep school environment which consists of 8 teams that include both male and female programs. These programs include teams at the Under 18 Prep, Under 17 Prep, Under 16 Prep, Under 15 Prep, Under 15, Under 18 Female Prep and Under 17 Female levels. For more information on Okanagan Hockey Academy, please visit our website at www.okanaganhockey.com

Summary of Responsibilities: Under direct supervision provides: collaborative program design, planning, execution and supervision of periodization plans and player training programs for both Okanagan Hockey Academy and Okanagan Hockey Camps (OHC).

Primary Responsibilities

- Execution and supervision of player workouts both with OHA and OHC
- Responsible for development of both the winter/summer break conditioning programs for each team
- Responsible for the development of both new and returning players' summer conditioning program
- In collaboration with the Manager of Athletic Therapy and with Combine testing staff, schedules and executes OHA fitness testing 4 times/season
- Ensure the proper maintenance and general upkeep of all fitness equipment in both Performance and Speed Centres
- Follow emergency care procedures including concussion protocol as outlined by OHG
- Lead off ice workouts including gym, dryland training and other conditioning programs
- Maintain comprehensive training records for all athletes
- Liaise with the Coaches, Manager of Residential Life; Athletic Therapists; Manager of Education, and other OHA staff regarding the medical condition of athletes

Knowledge, Skills and Abilities

- Knowledgeable in strength and conditioning techniques for adolescent athletes
- Knowledgeable in effective injury prevention and risk management protocols
- Ability to lead and guide adolescent athletes and create an environment that encourages athletes to reach their potential
- Knowledgeable of techniques facilitating a safe return to participation
- Ability to maintain confidentiality



- Ability to communicate effectively, both orally and in writing to staff, athletes, parents and other personnel
- Ability to react calmly and effectively in emergency situations
- Strong knowledge of Microsoft Office and other computer programs
- Must maintain all qualifications, certifications and continued professional development
- Ability to follow the philosophies, policies and procedures of Okanagan Hockey Group

Preferred Qualifications

- Bachelor Degree in Kinesiology, Phys Ed, Sports Science with 1-2 years of related experience.
- Certified Strength and Conditioning Coach (CSCS)
- Respect in Sport (RIS) / Hockey Canada Safety Person (HCSP) / Concussion Awareness Training Tool
- Valid First Responder Certification
- Criminal record check and vulnerable persons check

Application Process

Qualified applicants are invited to submit their cover letter and resume to jenniferbarnes@okanagahockey.com. Candidates selected for an interview will be contacted.