



JOB OFFER:
PHYSICAL TRAINOR
Centre Sportif Ludus
6002 Boul. des Grandes Prairies
Saint-Leonard, Québec
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The Ludus Sports Centre is a non-profit organization that is part of the borough of Saint-Léonard. Our mission is to promote physical activity and healthy lifestyles. We also want to provide resources and quality sports activities to our community of our surrounding neighborhoods.

The structure of the Centre is based on three Sports activities: either Olympic boxing, running and Jiu-jitsu. The Ludus holds an accreditation from the Quebec Federation of Olympic Boxing (FQBO).

We aspire to be the leader in the metropolitan area in regard to the development of athletic abilities in the three above mentioned sports. We also aspire to promote and support our athletes on the local, provincial, national and international scene.

We also work in collaboration with the “Pointe de l’Ile” school board to partner in the Sport Education Program (Sport-Étude) concentration Boxing .

We recruit among our members, a competitive team for the purpose of:

- 1 – participating to local, inter-regional and international boxing competitions and;
- 2 – to participate to provincial championships such as bronze, silver and golden Gloves as well as international tournaments such as the Title National Championship and the Ringside World Tournament.

In parallel to the development of our Olympic boxing program, we have established a recreational running club which aims to also stimulate healthy lifestyles, promote health and self-confidence. This program is a beginner and intermediate level. We offer a running technique training in an friendly environment and we aim to participate to amateur competitions such as the resolution race on the Mont-Royal, the Rock & Roll series Montreal Marathon race and trips are also organized to participate in outer region competitions.

Our Elite Boxing group is home to one world champion and one Canadian champion and other Open class boxer. one of our boxers has participated to the 2016 Olympic trials. As part of our mission, we seek a partner for the physical preparation for the three sports.

Brief Job description:

Under the responsibility of the head coach of the Ludus Sports Centre, the candidate will assume full responsibility for physical preparation of the competitive team and the “sports-études” athletes. The candidate will also assume the creation and maintenance of a general physical training plan for recreational members and supervision of the physical training in the gym. The candidate may also contribute to the creation and conduct of different physical training curriculum for Intersport cross training. The candidate can also offer private physical training to recreational members of the club or client from outside the club.

Because of its function, the candidate will interact with other coaches, athletes and recreational members

The candidate must be present during the opening hours of the gym for the sports-study schedule in the afternoon and in the evening during the recreational schedule early evening; from 14h to 20h

Role and responsibilities:

- Contribution to the setting up of various sports programs and applications for funding.
- Oversees the training of athletes in the training room.
- Coaches athletes about recognized performance parameters.
- Encourages athletes to excel.
- Ensures compliance with the specific safety rules of the training room.
- Ensures compliance with the behavior rules in the training room.
- Compile training data collected from athletes
- Recommend any adjustments or additions to the equipment in the training room or/and training programs
- Contributes to the annual planning of athletes
- Put-up a general preparedness plan for recreational members
- Relates any questions or potential corrections with head coach
- Plans and executes the physical tests and plan individual plans for members of the competition team.
- Performs other related duties to its function.

Specific requirements and knowledge:

- Bachelor of Kinesiology or is presently enrolled in the last year of the program.
- Work experience or physical training in combat sports would be an asset.
- Fluency in English (spoken and written) and good knowledge of French (spoken).
- Experience and / or expertise in high performance sport.

Skills and qualities:

- Strong interest in high performance sport as well as combat sports and/or road running
- Creative and innovative in its methods
- Able to demonstrate leadership, dynamism and conviction with athletes
- Skilled in interpersonal relationships and teamwork.
- Sense of responsibility, autonomy, organization and entrepreneurship.
- Demonstrates rigor, ethics and professionalism.
- Sens of observation
- Adaptability to change

Compensation:

The remuneration of the candidate is obtained via the financing of program. The hourly rate obtained for the period 26 September 2016 to 23 June 2017 will be \$ 12 per hour. The physical trainer will have free access the gym for his personal training and access to club activities. The physical trainer can also offer private fitness coach services outside gym hours. This service will be managed by the LUDUS and The hourly rate at private physical preparation service is remunerated at an hourly rate of \$25 on an honorarium basis.

Interested candidates should send their resume and a presentation letter to brabantp@me.com prior to the 16th, of September, 2016

Please note that only candidates selected for interview will be contacted