



Triathlon Club Seeking Coach(es)

Job Description

Leading Edge Triathlon Club (<http://letc.ca>) is looking for one or more dedicated, experienced coaches to join our triathlon club. We are a committed group of triathletes who work hard, sweat lots, and have fun doing it. Since 2003, LETC has grown from a few friends who formed a local group to train for triathlons, to an established group of approximately 60 athletes of all range of abilities and goals, training together and supporting each other at races in Canada and internationally. Our members consistently rank on the podium at several local, national and international races.

Club Structure:

LETC provides one coached run, bike and swim per week. The workout venues are mainly in the Vancouver area, around Kitsilano, Jericho, UBC, and Point Grey. Some bike rides are on the North Shore Mountains and a few outdoor swims are at Sasamat Lake in the summer.

The general weekly schedule is as follows (but is subject to change):

Wednesday: coached Run 6:30 pm (1.5 hours)

Thursday: coached Bike 6:30 pm (1.5 hours)

Sunday: coached swim 7:30 am (1 or 2 sessions of 1.5 hours each)

Uncoached group bike rides take place Saturday mornings and uncoached group runs happen on Sunday mornings after the swim.

Duties:

- The Coach would participate in 1-3 coached sessions per week @ 1.5 hours each. This would depend on strengths of the coach and which disciplines they would be involved in, whether all three or just one.
- There is an established training plan that integrates the three sports towards a dominant triathlon focus. The training plan allows for proper recovery and strength building. The coach will be expected to adhere to the established training plan, but is encouraged to bring ideas and new training methods that may be incorporated and discussed.
- The Coach will be an assistant coach to the Head Coach and other duties may be assigned and agreed upon with the Head Coach.

Requirements:

- Applicants must be NCCP certified.
- Applicants must have a minimum of 3 years relevant coaching experience.
- Applicants must be willing to work with the Head Coach and adhere to the established training plan, providing input as necessary.



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- Relevant coaching and personal athletic credentials as well as 3 references must be provided.

Benefits:

- Paid an hourly rate of \$25 for attended sessions.
- Successful applicants will have access to LETC membership for optional private paid sessions.
- LETC will promote coach's personal training/coaching services on LETC website and elsewhere as appropriate.
- Coaching for LETC provides excellent visibility within the Vancouver triathlon community.
- Chance to work with a dedicated and serious group of triathletes with a range of goals and abilities, who love the sport.

How to Apply:

Please send your resume, contact information, credentials and references to letc.coaching@gmail.com. (Any questions may be sent to that email as well.) Applications close on October 25, 2011.