

EMPLOYMENT OPPORTUNITY

Strength & Conditioning, Sport Science Lead

Location: 60 Scarsdale Rd, Unit 111, Toronto, ON
Supervisor's Title: Director of Athlete Development
Job type: 1-year contract
Hours: Average 37.5 hours per week, which includes weekends and evenings
Salary Range: Commensurate with experience
Benefits: Provided
Posting Date: August 4th, 2022
Closing Date: September 5th, 2022 – 11:59pm
Job Start Date: November 1st, 2022 (flexible)

ONTARIO VOLLEYBALL ASSOCIATION

The Ontario Volleyball Association (OVA) is a non-profit athlete-centered provincial sports association providing leadership in the growth, development and delivery of indoor, beach and sitting volleyball in Ontario.

It is our vision to provide a fun, safe and rewarding environment through a commitment to Volleyball for Life. To that end, the OVA engages with the community to support athletes through quality service and by offering a safe sport experience. The OVA supports the holistic development of athletes by providing a clear and comprehensive development pathway for all stages and abilities. Further, the OVA strives to inspire Clubs, coaches and referees with continuous learning and improvement opportunities.

The OVA manages Team Ontario which provides indoor and beach volleyball training to over 600 athletes every year. The Team Ontario programs are aligned with Long Term Development principles and are designed to meet the needs of athletes and coaches who are committed to move along the high performance pathway. Through these programs, the OVA achieves its strategic objectives in the area of high performance by producing athletes and coaches that will represent Canada on the international stage.

JOB SUMMARY

The Strength & Conditioning, Sport Science Lead (SCSS Lead) is a key position within the OVA's athlete development department. It combines the responsibility of developing and implementing an integrated sport science plan with the direct delivery of strength & conditioning services to support the holistic development of athletes throughout the Team Ontario pathway. Duties will also include working with Team Ontario staff and coaches year-round to manage individual development plans for Ontario High Performance Sport Initiative (OHPSI) identified athletes as well as heading up the Integrated Support Team (IST). The SCSS Lead may be responsible for service delivery in nutrition and performance analysis pending their discipline background.

KEY ROLES AND RESPONSIBILITIES

The role encompasses a broad range of tasks and responsibilities including but not limited to the following:

Sport Science Program Development

- Work with OVA athlete development staff to achieve OVA's High Performance strategic objectives
- Design an integrated sport science plan consistent with Volleyball Canada's Long Term Development model to address the systematic development of athletes in the areas of strength & conditioning, nutrition and sport psychology throughout the Team Ontario indoor and beach pathways
- Create a curriculum that supports the delivery of the integrated sport science plan and aligns with each Team Ontario yearly training plan
- Manage and lead the Integrated Support Team (IST) responsible for the curriculum delivery; this includes organizing meetings, monitoring IST work plans, driving communication and reporting, reviewing budgets and provide recommendations to OVA to achieve program objectives
- Develop resources, tools and training programs that support the delivery of the sport science plan within the Team Ontario pathway
- Ensure appropriate application of IST services across all disciplines
- Lead and/or participate in coach, athlete and parent education covering all aspects of the sport science plan and curriculum

Strength & Conditioning Service Delivery

- Direct strength & conditioning support to targeted beach and indoor OHPSI athletes
 - Assess individual and group strength & conditioning needs of athletes
 - Maintain annual training plans and manage workload of athletes
 - Create and deliver individualized strength & conditioning programs to identified athletes from the Fulltime-Training Group (beach) and Team Ontario Elite (indoor)
 - Monitor athletes' response to training & competition
- Work with Team Ontario staff and coaches to identify athletes at all levels of the Team Ontario pathway
 - Develop stage-appropriate Team Ontario Gold Medal profile and determine physical testing criteria for athlete selection
 - Design and deliver athlete physical testing protocol at key events including Ontario Championships
 - Manage athlete profiles and communicate physical testing results to coaches
- Lead strength & conditioning strategy to support on-court development of athletes throughout the Team Ontario pathway
 - Create pre and post-camp strength & conditioning programs for Team Ontario athletes
 - Communicate program details with athletes and answer their questions
 - Attend portions of all Team Ontario camps to support delivery of strength & conditioning education
 - Liaise and manage the practitioners responsible for athletic therapy services

General Administrative Responsibilities

- Attend OVA staff, committee, stakeholder meetings and Board meetings as required
- Maintain a proactive approach to personal Professional Development
- Adhere to any professional codes of conduct appropriate to your profession or other codes of conduct that might be deemed applicable to sport science practitioners
- Act as an ambassador for the OVA, establish positive relationships with members of OVA clubs and participate in the promotion of youth volleyball development in Ontario
- Other duties as assigned

Travel

The SCSS Lead will be required to travel to practices, training camps and competitions in order to optimize the delivery of quality services. All planned travel is to be coordinated and agreed to by the Athlete Development Director.

REQUIREMENTS & QUALIFICATIONS

- Advanced degree (M.Sc. or Ph.D.) in physiology, kinesiology or biomechanics preferable
- National Strength and Conditioning Association (NSCA), Certified Strength and Conditioning Specialist (CSCS) is a requirement (certified or in-progress)
- Experience working in a provincial and national high performance sport environment, particularly in the delivery of strength and conditioning support as part of an IST
- NCCP Certification or other education experience an asset
- Practical understanding of Long Term Athlete Development principles
- Experience in developing and implementing innovative ideas, including working in an applied and integrated manner
- Ability to create a caring supportive learning environment free of all coercion and fear
- Willingness to use an inquiry-based approach that puts the athlete at the centre of the learning process
- Strong self-awareness with willingness to self-evaluate
- Ability to exercise effective leadership that feeds and supports the Team Ontario culture
- Excellent written and interpersonal communication skills
- Knowledge of the Canadian and Ontario Volleyball System is an asset
- Ability to work flexible hours including weekend and extended hours as required
- Travel is necessary so personal car and valid driver's license required

The incumbent must also demonstrate the following personal attributes that reflect the OVA's Organizational Standards:

- Foster an inclusive community
- Treat all people with dignity and kindness
- Act with integrity in all that we do
- Utilize collaboration to meet our common purpose
- Embrace innovation with bold creativity
- Challenge excellence and continuous learning, always



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TO APPLY

Requirements for applying:

- Cover letter summarizing motivations, expected salary range and candidate's main skills related to the position
- Resume
- Reference Letters (2)

Please submit your application electronically by quoting – Strength & Conditioning, Sport Science Lead in the subject line (MS Word or pdf format only) to lpmainville@ontariovolleyball.org by September 5th, 2022 by 11:55PM.

The OVA is an equal opportunity employer. The OVA is committed to providing an environment that is accessible by all and will make all reasonable accommodations for job applicants with disabilities in order to support their full participation in our recruitment process.

We thank you for your application but only potential candidates will be contacted to set up an interview.