



## Job Posting

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**Assistant Strength and Conditioning Coach**  
**YMCA of Eastern Ontario**  
**Kingston, Ontario**

**Employment Category:** Term Contract

**Hours:** Sundays and Evenings

**Wage Range:** \$15.50 per hour

**Placement Date:** Immediately

### **Our Mission:**

The YMCA in Canada is dedicated to the growth of all persons in spirit, mind, and body, and to their sense of responsibility to each other and to the global community.

### **Our Vision:**

Our values are caring, honesty, respect, responsibility, and inclusiveness. These are central to our mission, guiding our behaviours, attitudes, and actions.

### **Nature & Scope:**

Reporting to the Supervisor of Fitness, Assistant Strength and Conditioning Coach will assist the Strength and Conditioning Coach to deliver programming to athletes between the ages of 12-18.

### **Responsibilities:**

- Ensure a safe environment for athletes by routinely checking equipment and keeping areas clean and well maintained and encourage athletes to do the same
- Be available to set up and start the program on time
- Ensure athletes are utilizing proper form by cueing as necessary
- Greet and engage athletes and coaches
- Minimize class cancellation by finding an alternate YMCA designated instructor
- Provide motivation and inspiration for athletes to achieve training goals

### **Qualifications:**

- Current Standard First Aid and CPR "C" certifications
- Criminal Reference Check (CPIC) including Vulnerable Sector Check completed not more than 120 days prior to interview, with results acceptable to the YMCA of Eastern Ontario Those under 18 years of age will be required to sign a statutory declaration confirming that there is no criminal reason why they should not work with children.
- New staff will need to show proof of COVID-19 vaccination or a valid exemption as a condition of their employment



Building healthy  
communities

YMCA of  
Eastern Ontario

**Competencies:**

- Interpersonal skills
- Initiative
- Safety
- Communication

Please apply, in writing, with a résumé and cover letter and application form found at [www.eo.ymca.ca](http://www.eo.ymca.ca)

**Tracy Vallier**

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*We appreciate your interest in a career opportunity with the YMCA of Eastern Ontario. Please note that only those selected for an interview will be contacted. Candidates invited for an interview will be required to submit three professional references.*

*The YMCA of Eastern Ontario is committed to an environment that is barrier free. If you require accommodation during the hiring process, please inform us in advance so that we can arrange reasonable and appropriate accommodation. The YMCA of Eastern Ontario values the diversity of people and communities and is committed to excellence and inclusion in our Association*

***This position has been posted internally and externally.***