



## 2023 Alberta Powerlifting Union Coaching Application

The Alberta Powerlifting Union is now accepting applications to coach at the 2023 National Championships in Vancouver, British Columbia from February 13-18, 2023. There will be multiple positions offered to coach and manage both male and female Alberta athletes across all age divisions.

### Head and Assistant Coach Duties and Responsibilities

#### *Prior to the National Championship:*

- Introduce yourself to all Alberta athletes via email or phone
- Communicate with athletes about their training/competition background, how their current training is going, and possible attempt selections.
- Understand the needs of each athlete and what they require on competition day in order to reach success.
- If asked by the APU Executive: collect all flight itineraries to send to the President of the APU and transport any sponsorship material or team apparel to the competition.

#### *During the National Championship:*

- Arrive for the coaching days assigned.
- Coach all Team Alberta athletes on assigned days, including: weigh-in and warm-up assistance, platform strategy, psychological preparation, and performance analysis.
- Selecting attempts for athletes and ensuring the highest possible placing
- Ensure all athletes are present for their medal presentation.

#### *Following the National Championship*

- Provide a written summary of the Championships, including: summary of all Team Alberta athletes (placings, total, and GL points), highlights of the contest, any problems or issues that arose at the contest, suggestions on areas for improvement

### Head and Assistant Coach Qualifications/Requirements:

- Previous coaching experience within powerlifting, preferably at a Provincial level or higher level. Any other sport that has been coached outside of powerlifting will be considered an asset.
- Coached at least 5 powerlifters from start to finish at APU competitions.
- Experience coaching equipped lifters and understanding the nuances involved with this style of lifting considered an asset.

- Superior understanding of the IPF Technical Rule Book, including: general rules of powerlifting, permitted equipment, causes for disqualification, knowledge of the weigh-in process, understanding of the “round system”, and how to protest rulings to the Jury.
- Any NCCP coaching modules considered an asset
- Experience as an athlete competing in powerlifting mandatory.
- Member of an APU sanctioned club, especially in the capacity as a coach, considered an asset.
- Obtaining Provincial level referee status considered an asset.
- Must be a current member of the APU.
- Must have excellent written and verbal communication skills.
- Must be able to organize a large amount of incoming information from athletes and synthesize it in order for it to be used on competition day.
- Must have a respectful and likeable attitude, and be willing to serve the interest of the APU before personal affiliations.

### **Team Manager Duties and Responsibilities**

The Team Manager does not necessarily have to be at Nationals. This position is administrative to help the athletes and coaches become better organized and ensure a smooth competition week.

#### *Prior to the National Championship:*

- Introduce yourself to all Alberta athletes and coaches via email
- Create a working schedule for athletes and coaches to access (IE. Google doc)
- Ensure all important competition updates are passed on to coaches and athletes
- Organize any athlete/coach meetings before or during Nationals week
- Assist in creating and printing all necessary documents prior to Nationals
- Assist Head Coaches as requested

#### *Following the National Championship*

- Provide a written summary of the Championships, including: summary of all Team Alberta athletes (placings, total, and GL points), highlights of the contest, any problems or issues that arose at the contest, suggestions on areas for improvement

### **Team Manager Qualifications/Requirements:**

- Sound working knowledge in shared file software’s like Google Doc.
- Must have excellent written and verbal communication skills.
- Must be able to organize a large amount of incoming information from athletes and coaches to synthesize it in order to be used for scheduling.
- Willingness to be proactive and multitask several communication streams at once
- Be deadline orientated
- Understanding of the IPF Technical Rule Book, including: deadlines, approved equipment list, and how competition understanding.
- Any NCCP coaching modules considered an asset
- Experience as an athlete competing in powerlifting mandatory.
- Must be a current member of the APU.
- Must have a respectful and likeable attitude, and be willing to serve the interest of the APU before personal affiliations.

## **Intern Coach Duties and Responsibilities**

This is an unpaid position, but offers an excellent opportunity to develop your coaching skills as you will have the ability to work closely with the Team Alberta Head and Assistant Coaching staff.

### *Prior to the National Championship:*

- Introduce yourself to all Alberta athletes via email or phone
- Communicate with athletes and coaches when necessary in a timely manner
- Assist Head and Assistant Coaches when requested

### *During the National Championship:*

- Arrive for the coaching days assigned.
- Assist in coaching all Team Alberta athletes on assigned days, including: weigh-in and warm-up assistance, and performance analysis.
- Be active and involved in the warm-up room (loading bars, grabbing drinks/food for athletes)
- Assist Head and Assistant Coaches when requested

### *Following the National Championship*

- Provide a written summary of the Championships, including: summary of all Team Alberta athletes (placings, total, and GL points), highlights of the contest, any problems or issues that arose at the contest, suggestions on areas for improvement

## **Qualifications/Requirements:**

- Previous coaching experience within powerlifting or any other sport that has been coached outside of powerlifting will be considered an asset.
- Basic understanding of the IPF Technical Rule Book, including: general rules of powerlifting, permitted equipment, causes for disqualification, knowledge of the weigh-in process, understanding of the “round system”, and how to protest rulings to the Jury.
- Any NCCP coaching modules considered an asset
- Experience as an athlete competing in powerlifting mandatory.
- Must be a current member of the APU.
- Must have excellent written and verbal communication skills.
- Must have a respectful and likeable attitude, and be willing to serve the interest of the APU before personal affiliations.

## **Assigned Coaching Days:**

The APU will be recruiting **multiple positions - Head Coaches, three (3) Assistant Coaches, Intern Coaches, and one (1) Team Manager** to service the needs of Alberta athletes attending CPU Nationals. The coaches selected will be provided 2-3 days throughout the week of competition to coach Alberta athletes.

### *For Example:*

Coach A: Tues, Wed

Coach B: Wed, Thurs

Coach C: Fri, Sat

The idea here is to ensure that the coaching responsibilities are manageable and don't force coaches to attend the entire week of competition.

**Honorariums:**

The successful coaching applicants will receive honorariums following the completion of their written summary. Honorariums will be determined after the coaching staff has been finalized.

**Application Process:**

Please submit a cover letter and coaching resume by December 3, 2022 to:

alberta.powerlifting.union@gmail.com. **In your cover letter, please clearly state which consecutive back-to-back days you prefer to coach (see example above).** Short listed applicants will be asked to provide references. At least one of the references required will need to be an athlete that the applicant has previously coached. Furthermore, short listed applicants may be required to complete a questionnaire that assesses their knowledge of the IPF Technical Rule Book.

