

Position Profile: Fitness Competitive Coach - Sobeys Atlantic Tennis Centre

Position Summary

The Fitness Competitive Coach is responsible for delivering high quality strength and conditioning programs that support the development of competitive tennis athletes at the Sobeys Atlantic Tennis Centre. Working as part of the Competitive team, the coach will create a positive, professional training environment while promoting athletic performance, physical literacy, and long-term athlete development.

Reports to: Director of Competitive

Key Responsibilities

Coaching & Athlete Development

- Plan and deliver group and individual fitness sessions for competitive athletes.
- Design programs focused on strength, speed, agility, mobility, and injury prevention.
- Monitor athlete progress and adjust training plans as needed.
- Foster a positive, accountable, and athlete-centred culture.

Program & Team Support

- Maintain athlete records and complete required planning and administrative tasks.
 - Collaborate with tennis coaches to support integrated athlete development.
 - Participate in staff meetings, professional development, tournaments, camps, and special events.
 - Uphold SATC policies and represent the club in a professional manner.
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Expected Workload

This is a full-time position averaging **35 hours per week (48 weeks per year)**, consisting of approximately:

- **30 hours:** Fitness program delivery
- **5 hours:** Private coaching

Work schedules will primarily include afternoons, evenings, and weekends based on program needs.

Qualifications

Required

- Certification in Personal Training, Strength & Conditioning, Kinesiology, Exercise Science, or a related field.
 - Current CPR/First Aid certification.
 - Experience coaching youth or competitive athletes.
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Core Competencies

The successful candidate will demonstrate:

- Strong communication and leadership skills
 - Organization and professionalism
 - Collaboration and teamwork
 - A commitment to athlete development and continuous improvement
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Success in the Role

Success will be measured by:

- Delivery of engaging, high quality fitness programming
- Athlete development and participation
- Positive collaboration with staff and families
- Reliable completion of coaching and administrative responsibilities