



Position Title	Apprentice Sport Scientist Canada Summer Jobs
Department:	Performance Sciences
Report to:	a. High Performance Director / Director of Performance Science b. Men's Lead Sport Scientist
Contract Date	June 10th – August 10th

### **POSITION SUMMARY**

The Sport Science Apprentice will work with the High-Performance Director / Director of Performance Science and the Men's Sport Scientist. The role will be to assist, support, deliver and observe our strength and conditioning and sport science practices with our four flag ship teams. This includes our Jr National teams and Sr. National Teams for both and women.

### **POSITION RESPONSIBILITIES**

Key responsibilities will include:

1. On field support during daily training environments for National Team Programs.
  - a. This includes but not limited to:
    - i. Physical preparation warmups and cool downs
    - ii. Live GPS tracking in conjunctions with the planned training loads
    - iii. Physiological conditioning sessions where appropriate,
    - iv. RTP and support with Injured athletes,
    - v. Support physical testing sessions and data collection
2. Strength and Conditioning
  - a. Assist in the gym with the delivery of Strength and Conditioning sessions with our National Teams
3. Performance and Data Analysis
  - a. Assist in uploading GPS data and support in creating reports
  - b. Assist in monitoring athlete daily wellness and providing report to coaches and FHC IST team
  - c. Assist in monitoring and tracking loads and progress in athlete strength parameters
  - d. Support and assist in the conduct and collaborate in research and innovation projects.
  - e. Evaluate current research to analyse the current data being collected
4. Organizational and Administration Requirements:
  - a. Attend all relevant meeting as and when required
  - b. Work collaboratively with all other PSRI staff and FHC Staff



- c. Communication via Emails, Teams and Phone calls where necessary

## **QUALIFICATIONS, EXPERIENCE, KNOWLEDGE AND SKILLS**

### **Qualifications**

1. Required Bachelor's of Science in kinesiology, exercise physiology, biomechanics or related field
  - a. Desirable – Advanced Degree [ MSc., MPK or Ph.D]
2. CPR and AED certified
3. NSCA CSCS certification [or equivalent] or working toward obtaining certificate

### **Experience**

1. 1-3 years in a performance sport setting
2. Coaching experience [Sport coaching, S&C or equivalent]
3. Research experience in a related field [desired]
4. Strong excel skills for program creation, data analysis and reporting
5. Previous experience working GPS is an asset

### **Skills & Knowledge:**

1. Understanding of the theoretical and applied knowledge of the core principles of physiology
2. Understanding of performing a sport needs analysis
3. Understanding technical knowledge in the areas of exercise technique, sprint running mechanics, plyometrics and agility is an asset.
6. Previous experience working with programming skills in Python, R, MATLAB, is an asset
7. Experience with data visualization tools like Tableau or Power BI is an asset
8. Being able to problem solve under pressure
9. Strong communication and organization skills with the ability to meet deadlines

Interested applicants should submit their resume and cover letter [in one PDF] to:

High Performance Director: Kate Perry  
Email: [kperry@fieldhockey.ca](mailto:kperry@fieldhockey.ca)