

FIELD HOCKEY CANADA

Job Opportunity: Sports Science Apprentice

Field Hockey Canada (FHC) is the national governing body for field hockey in Canada, responsible for the development and growth of the sport from grassroots to high performance. Each summer, Field Hockey Canada delivers a schedule of national events, championships, and online engagement opportunities that support athletes, coaches, officials, volunteers, and members across the country.

The Sport Science Apprentice (Summer 2026) is a short-term, full-time position supported through Canada Summer Jobs funding. This role provides a valuable applied learning opportunity for emerging sport science practitioners to work directly within a high-performance sport environment. Reporting to the Data and Performance Scientist and IST Lead, the Sport Science Apprentice will assist, support, deliver, and observe strength and conditioning, sport science, and performance monitoring practices within Field Hockey Canada's National Team Programs.

The Sport Science Apprentice will be responsible for the following:

- Providing on-field support during daily National Team training environments
- Supporting physical preparation, including warm-ups and cool-downs
- Assisting with live GPS tracking in alignment with planned training loads
- Supporting physiological conditioning sessions where appropriate
- Assisting with return-to-play (RTP) protocols and supporting injured athletes
- Supporting physical testing sessions and performance data collection
- Assisting in the gym with the delivery of strength and conditioning sessions for National Teams
- Uploading and organizing GPS and performance data and assisting in the creation of athlete reports
- Assisting with the monitoring of daily athlete wellness, providing reports to coaches and the Integrated Support Team (IST)
- Tracking and monitoring training loads and strength development parameters
- Supporting and collaborating on research and innovation projects
- Evaluating current research to help analyze and contextualize collected performance data
- Working collaboratively with all Performance, Sport Research & Innovation (PSRI) staff and Field Hockey Canada staff

Qualifications / Expectations

Required / Preferred Qualifications

- Bachelor's degree in Kinesiology, Exercise Physiology, Biomechanics, or a related field (required)
- CPR and AED certification (required)

- NSCA CSCS certification (or equivalent), or actively working toward certification
- Coaching experience (sport coaching, strength & conditioning, or equivalent)
- Strong Excel skills for program creation, data analysis, and reporting
- Previous experience working with GPS technology is an asset
- Research experience in a related field is considered an asset
- An advanced degree (MSc, MPK, or PhD) and 1–3 years of experience in a performance sport setting are desired but not mandatory

Skills and Attributes

- Strong understanding of theoretical and applied exercise physiology principles
- Understanding of sport needs analysis and load management concepts
- Technical knowledge of exercise technique, sprint mechanics, plyometrics, and agility is an asset
- Experience with programming languages such as Python, R, or MATLAB is an asset
- Experience with data visualization tools (e.g., Tableau or Power BI) is an asset
- Ability to problem-solve under pressure in applied sport settings
- Strong communication, organization, and time management skills, with the ability to meet deadlines in a fast-paced environment
- Interest in high-performance sport and working collaboratively within an interdisciplinary team
- Must meet Canada Summer Jobs eligibility requirements

Application Details:

Applications for the position will be open until May 16, 2026. To apply, please send your resume and a cover letter to Data and Performance Scientist and IST Lead Simon Taylor at staylor@fieldhockey.ca. The job title should be in the subject line of the email.

It is expected for this job to run between 8-10 weeks from June-August.

Your application should include the names of two references in your resume. Please note that only those selected for interview will be contacted. Field Hockey Canada is an equal opportunity employer that is committed to fostering diversity, equality, and inclusion in our employment practices. Field Hockey Canada does not tolerate discrimination of any kind.

Acknowledgements:

This position is made possible through funding from the Government of Canada's Canada Summer Jobs (CSJ) program. Canada Summer Jobs is a federal initiative designed to help employers create quality summer work experiences for young people, while supporting communities and local organizations across the country. Field Hockey Canada gratefully acknowledges the Government of Canada for its support in making this summer employment opportunity possible.

Field Hockey Canada is committed to developing and strengthening the sport of field hockey across the country, from grassroots participation to international podium performance. The organization supports approximately 18,000 participants nationwide, including athletes, coaches, officials, and volunteers, who contribute to a vibrant and growing hockey community.

Field Hockey Canada is an equal opportunity employer and is committed to fostering an inclusive, equitable, and accessible workplace.