

Gymnastics Nova Scotia is inviting applications for **3 part-time positions of HP Excellence Coach (one in each of 3 disciplines – MAG, WAG & TG)**. **These 3 part-time positions will involve work with athletes and member clubs specifically in the area of High Performance coaching.**

Each position will be a 1 year contract that requires 4 1/3 hours per week with an annual salary of \$7292 per discipline. The breakdown of hours is as follows:

- Minimum of 3 1/3 hours per week of direct practical coaching in specific discipline,
- Additional time is allowed for planning and administration in specific discipline (up to 1 hour)

Gymnastics Nova Scotia is able to offer this position through the financial assistance from Sport Nova Scotia's Support 4 Sport Program.

HP Coach Specific Requirements per discipline:

1. Required 3 1/3 hours per week of direct practical coaching hours or equivalent (ie monthly camps, competitions, National training camps, testing)
2. Up to 1 hour per week of additional time is for administration in relation to HP planning and organizing
3. Deliverables include: development, in collaboration with technical committee and GNS, of a discipline specific HP plan (4 year) which would include (but not limited to):
  - a. Refinement and development of physical abilities testing for HP and pre-HP
  - b. Tracking testing, performance and other metrics of identified athletes
  - c. Organize Mental Performance, Nutrition and safe-sport sessions
  - d. Coordinate with appropriate technical chairs for NSPPI review/reporting
  - e. Coordinate annual coach professional development opportunities
  - f. Recommend and coordinate alternate out of province or out of country training/competition opportunities
  - g. Review sport culture and recommend/implement strategies to improve inclusion, health and well-being while fostering success and excellence in the sport
4. Liaise with GNS, SNS and CSIA staff as required
5. Assist club coaches with Ignite applications/schedules
6. Communicate regularly with all GNS clubs within the discipline, be a technical resource for clubs with developmental programs, provide in gym and/or video assistance for HP-identified athletes' coaches in addition to in gym coaching time.
7. Attend GCG related technical meetings
8. Submit monthly reports to and/or attend Board meetings
9. Attend identified competitions: GNS Provincial Championships, Canadian Championships, Easterns, Elite Canada and CWG or travel meets.

Qualifications and Experience:

- Minimum of NCCP Comp Dev or Level 3 certification in specific gymnastics discipline
- Standard First Aid Completed
- Knowledge of the International Gymnastics Federation Code of Points and Canadian Competition Models for all ages, levels and disciplines.
- Understanding and acceptance of the principles of the Long Term Athlete Development (LTAD) Model.
- HP Coaching experience

- Experience with planning, organizing and administering HP gymnastics
- Strong management and leadership skills
- Strong interpersonal and communication skills
- Ability to work both independently and in a team environment
- Excellent time management and organizational skills
- Self-motivation, confidence and positive attitude
- Knowledge of the structure of gymnastics in Nova Scotia and gymnastics in Canada

Qualified applicants are invited to submit their resume and other information by **March 12, 2024** to:

**Gymnastics Nova Scotia**

5516 Spring Garden Rd, 4th Floor

Halifax, NS B3J 1G6

Phone: (902)425-5450, ext. 338

Email: [gns@sportnovascotia.ca](mailto:gns@sportnovascotia.ca)

***Please be sure to clearly specify what discipline you are applying for.***