

Canadian Powerlifting Union Coaching Job Description

Coaches are an integral part to an athlete's success. For the Open, Master, Junior/Sub-Junior and Open Bench Press World Championships, the Canadian Powerlifting Union (CPU) coaching committee will select one Head Coach from a pool of applicants. The duties of the head coach are laid out in this document, as are the requirements for applying and being named Team Canada head coach. Any questions should be directed to the coaching committee.

Duties of Team Canada Head Coach

- Be present at the entire championship, from technical meeting to banquet
- Take a Canadian flag with you to the championship (if you do not have one, the CPU will reimburse for purchasing up to a maximum of \$25) and have it available for every athlete competing to use during the awards ceremony
- Attend the Technical Meeting as the representative of the Canadian team
- Help coach all Team Canada athletes
 - o The Head Coach has the final say as to lifter's attempts, the lifters may make suggestions only
- Ensure all athletes have handling support during their lifting
- Ensure all athletes wear their Team Canada tracksuit during medal presentations
- If a team award should be won, ensure someone accepts the award at the banquet. The head coach is responsible for making sure the award is brought back to Canada. Once back in Canada, ensure the award is sent to the CPU president.
- Ensure all athletes receive their Certificate of Participation and if an athlete has left early, bring their certificate back to Canada and mail it to them.
- Must wear Team Canada tracksuit for all medal ceremonies.
- Prior to leaving for the World Championship, the head coach has several responsibilities:
 - o Introduce themselves to all Canadian athletes via e-mail or phone
 - o Communicate with athletes about how their training is going and what their openers are
 - o Communicate with athletes about meet expectations – purchasing a track suit, staying in the meet hotel, appropriate behaviour, etc.
 - o Collect all flight itineraries, hotel requirements, and transportation requirements from the CPU president to send to the meet director
 - o Ensure each athlete has paid the CPU all money for their hotel, flights, etc. The head coach will then receive the money from the CPU to pay to the meet director upon arrival (or ensure another payment arrangement has been made)
- Report to the CPU any issues that arise that require further disciplinary action

Eligibility

- Write and pass (80% pass mark) the Level 1 CPU coaching exam
- Successful completion of the following NCCP courses
 - o Multi-sport Modules Competition-Introduction Part A (Level 1 theory)
 - o Multi-sport Modules Competition-Introduction Part B (Level 2 theory)
- Must have head coaching experience at a minimum of 2 of the last 3 CPU National Championships
 - o Experience includes calling all numbers for an athlete, coaching against other lifters, etc
- The Head Coach applicant must coach at the CPU Nationals for the current year if they wish to apply to be the Head Coach at the current year's World Championships

Application and Approval Process

1. Inform your provincial president that you would like to write the coaching exam. The provincial president contacts the CPU coaching committee to set up a time to administer the exam.
2. Once the exam is complete, the applicant must provide a coaching resume and cover letter to the coaching committee. The resume should include things such as: coaching experience, proof of completion of mandatory courses and exams, itinerary for your attendance at the World Championship, other pertinent information.
3. All required information must be submitted to the coaching committee a minimum of 30 days prior to the commencement of each respective World Championship.
4. Coaching committee determines who the head coach will be for each world championship.
5. Head coach is informed and accepts position. All team athletes informed of decision.
6. Following championship, coach must submit a written report on the championship (see requirements of written report below) to the coaching committee. Following receipt of the written report, reimbursement will be made to the head coach; amounts as follows:
 - a. IPF Open World Championship \$700.00
 - b. IPF Master World Championship \$700.00
 - c. IPF Junior/Sub-Junior World Championship \$700.00
 - d. IPF Open Bench Press World Championship \$500.00
7. The written report will contain the following:
 - a. Summary of all athletes lifting
 - b. Highlights of the contest
 - c. Any problems or issues that arose at the contest
 - d. Any other information

*The coaching committee reserves the right to not appoint a head coach for a World Championship if no suitable candidates apply.