



UNIVERSITY OF
CALGARY

FACULTY OF KINESIOLOGY

Monika Del Rizzo, Practicum Coordinator
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KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Strength and Conditioning Coach-Trainer (Football)

of Positions Available: 2-4

Industry/Company Description:

RAW Sports – Our mission at RAW Sports is to develop youth football players & prepare them to compete effectively in their respective league. From beginners to advanced, we stress the importance of basic football fundamentals and progressively utilize new and cutting edge football drills to safely accelerate players' development.

Location: Edge School for Athletes, Bowness Community Association, Calgary West Soccer Center, Evolve Strength – Students will travel to all locations throughout practicum

Required Hours: 60-72 hours per term – evenly dispersed throughout term:

- 5-6 hours per week during winter term (13 weeks)
- 10-12 hours per week during spring term (6.5 weeks)

Academic Session: Fall, winter or spring terms

Specified Schedule:

Under strict supervision, the student will assist in training/coaching youth athletes between the ages of 10-17 years of age. The student will:

- Work with our prep program to learn how to perform & correct exercises which will consist of resistance exercises (barbell squats, dumbbell rows, bench press etc.), agility drills (ladder drills, cone drills etc.), and explosive exercises (short sprints, box jumps, broad jumps).
- Assist lead trainers in running workouts that will include: strength, mobility, speed & power training; motivate and encourage athletes
- Assist with winter boot camp (w/9-14 year old athletes), by leading fitness drills & exercises for groups of 5-10 athletes consisting of introductory fitness training (body weight squats, push-ups, running, agility drills etc.
- Assist with spring camp (10-15 year old athletes) by leading warm up activities (a/b/c's, Frankensteins, can openers) and football specific drills such as throwing, catching, backpedaling, tackling fundamentals and bomb drills.
- Assist in set up and cleanup of camps (setting up cones, preparing weight station, cleaning garbage left out after camp).

Note: Students will never be put in a position in which they are expected to run a drill or teach an exercise that hasn't been thoroughly explained and detailed to them, and that they feel completely comfortable teaching.

Student Qualifications:

- Asset: KNES 311 – Leadership Foundations
- Asset: KNES 331 – Foundations of Coaching
- Must have own vehicle

On-Site Supervisor:

Interested students should send an email directly to **both:**

- Robert Woodson, Company co-founder, Current Toronto Argonauts player (offseason), Calgary Dinos football alumni -- - robertleewoodson@gmail.com AND
- Anthony Woodson – Company co-founder, 6 year CFL veteran (Stampeders, Argonauts, Ti-Cats and Blue Bombers), Calgary Dinos football alumni - anthony@rawsports.ca