



KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Youth Strength & Conditioning Coach & Trainer

Agency/Company: [RAW Sports](#)

Location: Various Locations including Edge School, Winsport; travel required

Terms Available: Winter, Spring

Number of Positions: 2-4

Schedule: TBD according to the Organization and the Practicum Student's schedule (5-6 hours / week for 12 weeks in Fall & Winter Terms and 10-12 hours / week for 6 weeks in Spring Term). **Shifts will be scheduled within M/W/F Evenings & Saturday mornings.**

Project Duties/Responsibilities:

RAW Sports is dedicated to building up great athletes to compete on the football field in their respective leagues. We strive to achieve this by delivering the best-in-class off-season training whether it is in the gym working on S&C or on the field working with our cutting edge drills to help our athletes become the best version of themselves.

Under strict supervision, the practicum student will:

- Assist in coaching youth athletes aged 12-17, helping them improve through structured training sessions.
- Participate in the prep program to learn proper execution and correction of exercises, including resistance training (barbell squats, dumbbell rows, bench press), agility drills (ladder and cone drills), and explosive movements (short sprints, box jumps, broad jumps).
- Support lead trainers in running workouts focused on strength, mobility, speed, and power training while motivating and encouraging athletes.
- Help set up and clean up camps, including organizing equipment and preparing training stations.
- Work directly with our lead trainers to build a strength and conditioning schedule.
- Work with our coaches when players have injuries to help build a proper training program with different variations to the workout.

Required Student Qualifications:

- Must have reliable transportation to travel to Winsport and Edge School
- Police check required

Assets:

- KNES 311 (Leadership Foundations)
- KNES 331 (Foundations of Coaching)

Contact: Jared West jared@rawsports.ca

Kinesiology Practicum Application

Placement: [RAW Sports](#) Strength & Conditioning Coach & Trainer

Category: Performance, Leadership & Coaching

Students must have 60 units completed to qualify for a practicum, including 30 units of KNES
 Students may participate in up to three practicums, with no more than two at the same location

Submit together to
knespracticum@ucalgary.ca:
 Completed Practicum Application
 Confidentiality Agreement

Submit to Raw Sports:
 Current Police check

INSTRUCTIONS

- Contact the on-site supervisor to arrange an interview.
- Bring a copy of this application with the completed student portion to your interview to be completed by the On-Site Supervisor.
- Submit application and required documentation (if applicable) to knespracticum@ucalgary.ca; our office will email your @ucalgary address within 5 business days with next steps for you and your On-Site Supervisor.

STUDENT PORTION – COMPLETE PRIOR TO INTERVIEW

Practicum Term		
<input type="checkbox"/> Fall _____(year)	<input type="checkbox"/> Winter _____(year)	<input type="checkbox"/> Spring _____(year)
Student Information		
Name:	UCID:	
Phone Number:	Email:	@ucalgary.ca
Student Practicum Expectations: Why have you chosen this practicum placement? (1-2 sentences)		
Code of Conduct		
Students are responsible for compliance with the University of Calgary's Code of Conduct .		
<input type="checkbox"/> Yes <input type="checkbox"/> No I have read and understood the University of Calgary's Code of Conduct. <input type="checkbox"/> Yes <input type="checkbox"/> No Do you have a pre-existing relationship(s) with person(s) (work, volunteer or personal) associated with this practicum placement? If yes, please briefly explain the nature of the relationship:		
I agree that:		
<ul style="list-style-type: none"> No salary or payment will be received based upon my participation in a Kinesiology practicum placement I will meet the expectations of the practicum placement for which I am applying I will be punctual throughout my practicum placement and will adequately notify the On-Site Supervisor about any absence(s). I will complete 60-72 hours within the dates of the term. 		
Start Date (first day of lectures)	End Date (last day of lectures)	
_____	_____	
<input type="checkbox"/> I agree with the above-mentioned terms and conditions.		
Student's Signature:	Date:	

ON-SITE SUPERVISOR PORTION

Name:	Organization: RAW Sports
Phone:	Email:
As the On-Site Supervisor, I agree that:	
<ul style="list-style-type: none"> No salary or compensation will be given to the practicum student I will provide sufficient hours (60-72 hours) <u>within</u> the term dates above, and spread evenly throughout the term (approx.5-6 hrs/wk in Fall and Winter / 10-12 hrs/wk in Spring) I will complete a mid-point and final evaluation for the practicum student I will provide sufficient supervision, and guidance during this practicum placement I will send any changes / updates to knespracticum@ucalgary.ca for approval / updating 	
<input type="checkbox"/> I agree with the above-mentioned terms and conditions.	
On-Site Supervisor's Signature:	Date:

CONFIDENTIALITY AGREEMENT

Practicum students and the agency must complete the signed confidentiality agreement and submit it (along with the practicum application form) to knespracticum@ucalgary.ca .

THIS AGREEMENT is made as of the _____ day of _____, 20____.

BETWEEN:

(hereinafter called the "**Agency**")

AND:

(hereinafter called the "**Student**")

Whereas:

It is the Student's legal and ethical responsibility to protect the privacy, confidentiality and security of all records, proprietary information and other confidential information relating to the Agency, including business, employment and medical information relating to patients, members, employees and health care providers. ("Confidential Information").

And whereas:

The Agency has adopted policies and procedures regarding Confidential Information including its policies and procedures for complying with the *Freedom of Information and Protection of Privacy Act* and the *Health Information Act* ("Policies and Procedures").

In witness hereof, the parties agree as follows:

1. The Agency agrees to disclose and the Student agrees to receive Confidential Information in furtherance of participating in his/her practicum with the Agency, as set out in the Practicum Agreement.
2. The Agency agrees to advise, instruct and guide the Student as to the Policies and Procedures.
3. Upon receipt of the information set out in paragraph 2 herein, the Student agrees to use his/her best efforts to comply with the Policies and Procedures and to protect the Confidential Information, or any part thereof, and prevent it from being disclosed to any person contrary to the Policies and Procedures.

IN WITNESS WHEREOF, the parties have duly executed this Agreement effective as of the day and year first written above.

Agency

Student

Signed: _____

Signed: _____

Print Name: _____

Print Name: _____

Title: _____

Date _____

Date: _____