

## **KINESIOLOGY PRACTICUM DESCRIPTION**

**Practicum Position Title: Strength & Conditioning Coach/Trainer (Football)**

**Agency/Company:** [RAW Sports](#)

**Location:** Various Locations including Edge School, Bowness Community Association, Calgary West Soccer Centre, Evolve Strength

**Terms Available:** Fall, Winter, or Spring

**Number of Positions:** 2-4

**Project Duties/Responsibilities:**

*RAW Sports* develops youth football players and prepares them to compete effectively in their respective league. From beginners to advanced, they stress the importance of basic football fundamentals and progressively utilize new and cutting edge football drills to safely accelerate players' development.

Under strict supervision, the practicum student will:

- Assist in training/coaching youth athletes between the ages of 10-17 years of age.
- Work with our prep program to learn how to perform and 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 (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.

**Required Student Qualifications:**

- Must have own vehicle

**Assets:**

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

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

Robert Woodson, Current Toronto Argonauts player (offseason), [robertleewoodson@gmail.com](mailto:robertleewoodson@gmail.com)

Anthony Woodson, CFL veteran (Stampeders, Argonauts, Ti-Cats, Blue Bombers), [anthony@rawsports.ca](mailto:anthony@rawsports.ca)

# Kinesiology Practicum Application

## Placement: [RAW Sports](#)

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](mailto:knespracticum@ucalgary.ca):  
 Completed Practicum Application  
 Confidentiality Agreement

### INSTRUCTIONS

1. Contact the on-site supervisor to arrange an interview.
2. Bring a copy of this application with the completed student portion to your interview to be completed by the On-Site Supervisor.
3. Submit application and required documentation (if applicable) to [knespracticum@ucalgary.ca](mailto: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**

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

**ON-SITE SUPERVISOR PORTION**

<b>Name:</b>	<b>Organization:</b> RAW Sports
<b>Phone:</b>	<b>Email:</b>
<b>As the On-Site Supervisor, I agree that:</b>	
<ul style="list-style-type: none"><li>• No salary or compensation will be given to the practicum student</li><li>• I will provide sufficient hours, supervision, and guidance during this practicum placement</li><li>• I will complete a mid-point and final evaluation for the practicum student.</li></ul>	
<input type="checkbox"/> I agree with the above-mentioned terms and conditions.	
<b>On-Site Supervisor's Signature:</b>	<b>Date:</b>

## **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](mailto: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: \_\_\_\_\_