



EMPLOYMENT OPPORTUNITY
Associated Students
at Sacramento State
ASSISTANT ROWING COACH (CAPITAL CREW/MASTERS)
at SAC STATE AQUATIC CENTER

Position Summary: Capital Crew is a junior rowing club that pulls athletes from the Greater Sacramento Area and follows an athlete no-cut policy. As Capital Crew continues to expand in size and competitiveness we are seeking and strength and conditioning coach to augment the rowing coaches training programs. Capital Crew rows from the Sacramento State Aquatic Center located at Lake Natoma. Our program anticipates having approximately 200 athletes participating during our next year. Our season starts at the end of August and goes through mid-May.

Time Base: Part-time Seasonal Non Exempt (hourly) Hours required Monday-Friday 3-6:30pm

Compensation: \$11-\$15 per hour (depending on qualifications)

Application Deadline: APPLY IMMEDIATELY – initial screening begins 8/1/2017
Applications will be accepted until position is filled

ESSENTIAL DUTIES & RESPONSIBILITIES:

- Work with the Rowing Managers to plan, organize and run daily land practices.
- Build highly successful junior crews to compete in the Southwest District and at the National Level.
- Educate rowers on proper lifting technique.
- Supervise rowers and promote safety on and off the water.
- Assist in the maintenance and upkeep of the equipment and weight room.
- Communicate with parents and athletes on a weekly basis.
- Uphold the values of Capital Crew and support the success of the junior program as a whole.
- Help coordinate events and programs to recruit new rowers.
- Always act in a professional manner when working with other coaches, athletes and parents.
- Other duties as assigned.

CORE COMPETENCIES

- Exceptional planning and organizational skills
- Ability to communicate effectively both verbally and in writing with staff, parents, and high school aged youth
- Knowledge of basic strength and conditioning principles and training programs to augment on the water training
- Ability to follow oral and written instructions

MINIMUM QUALIFICATIONS

- Must know and support Associated Students Inc. of Sacramento State University mission statement.
- Must know and support SSAC's mission statement, vision, values, and code of conduct.
- C.P.R., First Aid, California Boating Safety Certificate (must have required certifications within six months of hire)
- Ability to lift and move up to 75 pounds

PREFERRED QUALIFICATIONS

- Certificate or F.I.T. certification
- ACSM Fitness Trainer
- demonstrated ability to positively motivate, train and supervise young athletes.
- Bachelor's degree in health science or related field
- Aquatic/boating knowledge
- Ability to work up to 5 days a week

How to Apply: Interested applicants must submit an [application](#) and resume. Return documents to:

By mail

Rowing Manager
Sac State Aquatic Center
1901 Hazel Ave
Gold River, CA 95670

By fax

Attn: Rowing Manager
916-278-1105

By e-mail

dbirch@csus.edu

In person

Sac State Aquatic Center
Attn: Rowing Manager

Associated Students is a nonprofit corporation and an auxiliary organization of California State University, Sacramento providing a wide range of programs and services to the students of CSUS. Therefore, ASI employees are not state employees.

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