



STRENGTH & CONDITIONING SPECIALIST - PART TIME

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Cote D'Or National Sports Complex is Mauritius' premier sporting and event destination. The complex comprises of the National High-Performance Centre (HPC) and a public access fitness centre (gym). An exciting role for an ambitious fitness industry professional to lead a team at one of the top 5 sports hubs in Africa. The successful candidate will be leading the Strength and Souditioning (S&C) services for HPC athletes and members of the public at one of the largest, innovative fitness centres in the country.

The successful person/s will be working with HPC athletes and members of the public at one of the largest, innovative fitness centres in the country. Candidates will provide gym instruction, group fitness classes, PT, athlete strength and conditioning (S&C) programs, wellness consultations.

Training and qualifications will be provided to develop the best candidates into S&C professionals to help Mauritian athletes perform at an international level and to help the general population enhance their health, strength and fitness.

The High Performance Centre Gym Instructors report directly to the Director of the High Performance Centre of Mauritius Multisport Infrastructure Limited (MMIL). MMIL is the company tasked with managing Cote d'Or.

DETAILS

- Permanent full time
- Excellent package for the best candidate

Candidates will be ranked on "Critical" and "Highly Desired" categories with the top 10 candidates being awarded an interview.

CRITICAL QUALIFICATIONS & EXPERIENCE:

- Certificates in sports, fitness, S&C, personal training or an equivalent qualification acceptable to MMIL.
- At least 3 years' experience of working in a commercial/athletic fitness environment.

HIGHLY DESIRED QUALIFICATIONS & EXPERIENCE

- Strength & Conditioning certification
- Bachelor's degree in Biomechanics, Sport Performance or equivalent qualification acceptable to MMIL.
- Experience as a high performance athlete.
- Experience practicing as a Strength and Conditioning coach.
- Experience working in commercial fitness centres.



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DUTIES AND RESPONSIBILITIES

- To be able to work skillfully across both the HPC and public gym;
- To deliver Strength and Conditioning support to help optimise the physical preparedness of multi-sport athletes for competition performance;
- To work closely with sports and technical coaches to help achieve performance goals by providing complimentary Strength and Conditioning support;
- Ability to identify key areas of focus, pertaining to Strength and Conditioning, for sports performance and translate into effective operational delivery in terms of planning, performance monitoring and coaching;
- To engage in effective coaching that is underpinned by sound scientific evidence and practice-based rationale. Utilising effective performance monitoring and planning to bring the program to life;
- To be able to develop &/or implement a health assessment plan for members;
- To teach fitness classes and workshops;
- To develop personal exercise for members;
- To demonstrate the correct way to use equipment;
- To ensure the gym is clean and free of health and safety hazards;
- To clean, set up, and maintain HPC and gym equipment and areas;
- To perform such other duties directly related to the main duties listed above or related to the delivery of the output and results expected from the Strength and Conditioning Specialist in the roles ascribed to him / her.

KEY SKILLS REQUIRED

- Ability to work in a fast paced, multi-disciplined, high performance environment.
- Ability to work collaboratively as a member of a team of dedicated professionals in the pursuit of performance goals.
- Lead the team of S&C Specialists (full-time & part-time) and collaborate to optimize the efficiency of the programs and protocols for performance of athletes.
- Driven by and dedicated to excellence in all facets, strives to be industry-leading in what they do and embraces opportunity for continuous improvement.
- Open, transparent, respectful, ethical, professional in all dealings and communications.
- Strong customer service, presentation and facilitation skills, including good interpersonal, oral and written communication skills.
- Strong organisational skills with demonstrated ability to manage time in relation to group / athlete training schedules and commercial awareness.
- Experience in supervising programs, training sessions & testing
- Good competency in the use of word processing, spreadsheets and software applications such as sport science technology.
- Demonstrated ability to work independently with minimum supervision.
- A can-do attitude and willingness to get the job done.
- May be required to work outside normal working hours including Sundays and Public Holidays.

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This role is an immediate requirement so if it sounds like your next role, please apply today.

HOW TO APPLY?

To apply, please submit the following:

1. A written response that details your ability to deliver the key accountabilities of the position;
2. A current resume;
3. Copies of mandatory qualifications required for the position;
4. A valid Character Certificate from within the last 6 months;
5. Referees (names and contact details of at least two referees).

Applications close: Friday 26th April 2024 at 15:00

SEND YOUR APPLICATION EITHER:

by email



people@cotedorsports.mu

OR

by post



HR Officer
1st Floor, Multipurpose Gymnasium Building,
Cote d'Or National Sports Complex,
Motorway M3, Côte d'Or, Mauritius.



For all inquiries, please send an email to people@cotedorsports.mu



Management reserves the right to call only successful candidates for interview or not make any appointment following this advertisement.

NOTE

1. Candidates wishing to be considered for more than 1 position, need to submit fresh application for each position.
2. Incomplete, inadequate or inaccurate application and non-submission of photocopies of certificates and documentary evidence of experience may cause your elimination from the selection exercise.
3. Applications not reaching MMIL by the above date and time will not be considered. The post applied for should be clearly mentioned.
4. The MMIL reserves the right to call only successful candidates for interview or not make any appointment following this advertisement.

