



## We're Looking for Coaches and Trainers!

At ARC by Pivotal, we're building a community where athletes of all ages and abilities thrive through purposeful training, movement, and mindset. Our mission is to empower individuals to pursue performance, longevity, and a lifelong passion for sport—on and off the field.

We're looking for a dynamic and driven coach who thrives in a collaborative, high-performance environment. You bring not only technical coaching skill, but also a passion for athlete development, a sharp eye for progression, and the ability to connect with individuals across age groups and ability levels.

### Position Details

**Location:** Kingsway Edmonton, Alberta  
**Employment Type:** Contractor  
**Start Date:** Between August 1 – September 1  
**Compensation:** Opportunities for compensation through

- *Hourly rate per group class*
- *70% commission on programming*
- *50% commission on 1:1 coaching*
- *Performance Physio commission per 30 min one-on-one session*
- *Membership sale commission*

### Summary of Role

This role combines high-performance coaching, functional fitness delivery, and athlete development across all ages and abilities. It offers a unique opportunity to collaborate with physiotherapists, contribute to return-to-sport programs, and help grow a dynamic performance-focused community

## Key Responsibilities

### 1. Program & Deliver Group Functional Fitness

- Design inclusive and exciting group fitness programming, based on science based methodology and principles of functional *strength and conditioning*.
- Deliver group sessions to athletes of all levels with appropriate coaching cues and scalable options to meet the level of the athlete, whilst striving for individual progression.

### 2. Collaborate with the Rehabilitation Team

- Collaborate with Physio's on return to sport and injury management programming and delivery.
- Provide co-lead Performance Physio sessions, which provide the athlete with 30mins of treatment and 30mins of coached gym time, to address any injury concerns which may affect training and competition .
- Underpin return to sport forecasting with load management strategies and an understanding of tissue healing times.

### 3. Align with LTAD

- Understand the philosophy, methodology and ethos of ARC's core tenancies and ensure all training, coaching and programming is in alignment with these tenancies.
- Program and coach adult classes in a way which are able to co-exist within the shared gym space alongside another group (e.g youth session) and one-on-one sessions.
- Program and coach youth development sessions. Emphasis must be placed on creating a needs analysis for performance metrics, in different sports and understanding the appropriate movement competencies , for these sports at different age levels.
- Understand testing batteries and appropriately select tests for different sports and different age groups according to the needs analysis.

### 4. Grow the Community

- Develop and implement membership sales and retention strategies that offer an easy access to the community and reduce all potential barriers to entry, through effective communication.
- Offer personalized coaching and online programming through ARC's infrastructure to develop the one-on-one side of the business.

- Collaborate with Physiotherapists and other health care practitioners to deliver Performance Physio sessions and identify potential members that are good candidates for group classes and/or one-on-one coaching and/or programming.

## 5. Build the Brand

- Help position ARC as a community hub and performance leader in the group fitness space.
- Organize events, challenges, and outreach that reflect our culture and attract new faces, whilst keeping up with wider trends in the fitness market.

## Ideal Candidate

You're a dynamic fitness professional who:

- *Preferably* has graduate level education plus Strength & Conditioning or Exercise Physiology accreditation or holds Certified Personal Trainer accreditation or equivalent.
- *Must have* over 2 years experience creating programming and delivering one-on-one and group functional fitness classes.
- Has over 2 years experience coaching individual athletes and creating personalised, goal orientated programs.
- Has sales experience to communicate and convert sales in person, with knowledge and experience of social media, e-commerce and the wider marketing benefits in the fitness space.
- Is motivated by growth, both personal and professional and thrives in a collaborative, entrepreneurial environment.

All those interested are encouraged to apply by submitting a resume and cover letter to both Danielle Ordyniec, Director of Performance - [danielleo@pivotalphysio.com](mailto:danielleo@pivotalphysio.com)

AND

Jack Haworth, Managing Partner - [jack@pivotalphysio.com](mailto:jack@pivotalphysio.com)

Subject Line: **ARC at the Athletes Hangar Coaching Position**