



## EMPLOYMENT OPPORTUNITY

<b>POSITION TITLE:</b>	CSIO PS2 Sport Nutritionist (0.6 FTE Cycling; 0.2 FTE Rowing; 0.2 FTE Wrestling)	<b>Posting Date:</b> Friday, May 11, 2018
<b>DEPARTMENT:</b>	Performance Services	<b>Application Deadline:</b> Tuesday, May 29, 2018 (4:00 p.m.)
<b>POSITION LOCATION:</b>	<u>Split between:</u>  <b>Mattamy National Cycling Centre</b> 1 – 2015 Pan Am Boulevard Milton, ON L9E 0K7  <b>Toronto Pan Am Sports Centre</b> 100-875 Morningside Avenue Toronto, ON M1C 0C7	
<b>SUPERVISOR'S TITLE:</b>	<b>Direct Report:</b> CSIO/Cycling Canada Lead, Performance Services  <b>Indirect Report:</b> CSIO, Lead Sport Nutritionist	
<b>SALARY:</b>	\$65,000 - \$75,000/per year plus benefits	<b>Interview Date:</b> Tuesday, June 5, 2018 (Milton)

The **Canadian Sport Institute Ontario (CSIO)** is committed to provide a world-class, multi-sport daily training environment for athletes and coaches through expert leadership, services and programs.

### **Position Summary**

It is the role of the Sport Nutritionist at the Canadian Sport Institute Ontario (CSIO) to provide world-class support to targeted National and Provincial Sport Organizations in the area of Sport Nutrition. This role will encompass a 0.6 FTE to support Cycling Canada athletes at both a national and provincial level, as well as two additional 0.2 FTE roles as a part of the Next Gen programs for Rowing Canada and Wrestling Canada. The primary responsibility of the Sport Nutritionist will be to provide sport nutrition services to these identified sports by collaborating with coaching staff and the Integrated Support Team (IST) to plan, consult and deliver nutrition programs. The Sport Nutritionist will be expected to utilize his or her knowledge of nutrition and sport science to provide leading world class nutrition programs to high performance athletes during training and at competition. In addition, the Sport Nutritionist will also be expected help to continue to continuously expand and further develop this service area at the CSIO and committing to professional development initiatives related to his or her discipline and the organization on the whole. This will involve integrating with the Sport Nutrition team and contributing to department initiatives and organizational goals of CSIO.

## **Position Responsibilities**

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### **Nutrition Support**

- In collaboration with the coaching staff and IST, plan, develop and deliver world-class nutrition support in the daily training environment.
- Conduct nutritional assessments with identified teams/athletes in order to determine nutritional requirements and develop evidence-based nutrition plans focused on needs of the sport, the athletes' history, lifestyle and their readiness to change.
- Able to attend and provide comprehensive nutrition support at identified competitions and training camps (including direct food service delivery, consulting directly with hotels, chefs and restaurants to establish menus and providing modifications where necessary).
- In conjunction with Sport Physicians', review blood work and formulate recommendations or modify dietary intake and applicable supplementation.
- Develop resources for athletes, coaches and the wider CSIO organization to promote best practices and nutritional education.
- Deliver interactive sport-specific presentations and cooking classes to athletes to enhance knowledge and practical skill development.
- Implement appropriate testing and monitoring interventions in collaboration with the coaches and IST throughout the YTP.
- Evaluate research to maintain a current evidence base on sport-specific nutrition practices as well as general knowledge of current trends in sport nutrition.
- Foster effective working relationships with sport coaches and staff in order to understand coaching philosophy and sport program goals.
- Manage the Recovery Lounge at the Milton Velodrome, including ordering, budgeting and maintenance of the lounge.
- Provide comprehensive feedback (presentations, publications, reports) on nutrition interventions to athletes and coaches in a timely manner.
- Evaluate services and demonstrate impact of nutrition interventions on athlete health and performance.

### **Integrated Support Team**

- Communicate effectively on a regular basis with other IST members to provide an integrated approach to optimizing/enhancing athlete health and performance.
- Proactively engage in a collaborative approach to tackle sport specific challenges and questions
- Attend and contribute to sport specific IST meetings.
- Consult and refer specific athlete issues to relevant practitioners within the IST.

### **Company**

- Maintain an accurate record of work conducted.
- Be an active member of the company by participating in staff meetings, other meetings and seminars as required.
- Adhere to any professional codes of conduct appropriate to your profession or other codes of conduct that might be deemed applicable to sports science and sports medicine practitioners in general.
- Maintain a proactive approach to personal Professional development. Present workshops, lectures and seminars as required by the Lead, Sport Nutrition (including but not limited to, Advanced Coaching Diploma, Coaching Conferences, National Sport Science & Medicine Advisory Committee meeting).
- Undertake any other reasonable duties for CSIO/Cycling Canada Lead, Performance Services and CSIO Lead, Sport Nutritionist and other colleagues as requested.

### **Qualifications / Skills**

- Advanced degree (Master's or Ph.D.) in nutrition, food science, physiology or related field.
- Registered Dietitian.
- Minimum of 5 years' experience working in a high-performance sport environment (including National and International Competitions) as an integrated member of an IST.
- Demonstrated leadership experience within the discipline or as part of an IST
- IOC Diploma in Sport Nutrition and/or Certificated Specialist in Sport Dietetics is an asset
- Experience in developing and implementing innovative ideas, including working in an applied and integrated manner.
- Knowledge of the Canadian Sport System an asset.
- Excellent written and interpersonal communication skills. Bilingualism is an asset.
- Ability to work in a fast-paced environment with a high degree of independence and initiative.
- Good team building skills and the ability to be flexible and adjust to changing priorities.
- Ability to employ behavioural counselling techniques.
- Demonstrates proficiency in setting realistic goals and determining priorities when working with athletes and within a team environment.

### **Working Conditions / Special Requirements**

- As the Canadian and Ontario high performance sport systems are in the process of some major changes in the delivery of Sport Performance programming and services, staff must be able to work in a highly dynamic and flexible client service environment.
- Required on occasion to work irregular hours and be on-call for emergencies for time sensitive and priority issues.
- Some travel required both domestic and international.
- G Class Driver's licence beneficial.

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### **Performance Management**

In addition to the position responsibilities noted above it is expected that the employee will support the mission and vision demonstrate the organizational values and support the strategic goals;

#### **Mission**

The Canadian Sport Institute Ontario is committed to the pursuit of excellence by providing world-class programs, staff, services, and leadership to high performance athletes and coaches to enhance their ability to achieve international podium performances.

#### **Vision**

The Canadian Sport Institute Ontario is a recognized world leader in the delivery of applied sport science, sport medicine, athlete/coach and staff development, resulting in more Canadian athletes on the international podium.

#### **Values**

Commitment, Synergy, Integrity, Openness (CSIO)

#### **Commitment**

We take care of each other

We serve the organization to the best of our abilities

We provide the highest quality of service to our clients

#### **Synergy**

We respect and recognize the contributions and diversity of our team

We interact in ways that bring out the best in each other

We build proactive relationship to achieve success

**Integrity**

We are consistent in our actions

We present unvarnished truth in an appropriate transparent manner

We are accountable for our actions

**Openness**

We are authentic in the way we interact with each other

We embrace a solution-oriented approach

We welcome timely feedback on how to improve

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**Interested applicants should submit their resume and cover letter (in one PDF document) to:**

**Search Committee,  
Canadian Sport Institute Ontario  
875 Morningside Avenue, Suite 100  
Toronto, ON, M1C 0C7  
E-mail: [careers@csiontario.ca](mailto:careers@csiontario.ca)**

Canadian Sport Institute Ontario welcomes and encourages applications from people with disabilities. Accommodations are available on request for candidates taking part in all aspects of the selection process.

The Canadian Sport Institute Ontario is an equal opportunity employer.

**We thank all applicants for their interest, however, only those selected for an interview will be contacted**