

Afterburn is Hiring!



Job Title	Intern
Report Location	21 Progress Ave Unit 4-5, Toronto, Ontario
Company Overview	Afterburn Performance Fitness started as a facility dedicated to the provision of leading off-season training resources for paddling athletes. Since then it has strengthened this position, developed a strong powerlifting community and now provides a home for freelance personal trainers.
Hours	Tue (4-9)*, Wed (4-9)*, Thu (4-9), Sun (TBD 3-4 hours)* Hours are flexible, general requirement is 20 hours
Job Description	<p>As Afterburn is still in its infancy the intern will support the owner in all aspects of the operation of the facility from business administration to providing coaching in the pool and in the strength and conditioning facility. The candidate should demonstrate a strong sense of ownership and accountability in the business and the willingness to make it better. The key responsibilities can be divided up roughly into the roles performed by the owner. The responsibilities will be refined based on the goals of the candidate</p> <p>Responsibilities include:</p> <ul style="list-style-type: none">• Strength and Conditioning Coaching<ul style="list-style-type: none">○ Assist in the development and execution of a multi-session strength and conditioning program for recreational to elite level teams/athletes in a team-based environment○ Provide insight on leading techniques for coaching (delivery), prevention of injury, developing speed, strength and power specific to our sport• Paddling Coaching<ul style="list-style-type: none">○ Assist in the development and execution of a multi-session paddling program○ Prepare training aids, follow-up on paddler technical development○ Provide constructive feedback to paddlers• Business Administration<ul style="list-style-type: none">○ Develop rapport with coaches, team's partners and members to understand their needs and advise the owner of opportunities/challenges to make the gym better○ Handle membership services (New Sign ups, Renewals, questions)○ Handle team Services (New sign ups, waivers, follow-up)○ Ensure the smooth operation of the facility including cleanliness and maintenance○ Perform organized record-keeping and input of financial data○ Providing material for Social Media
Job Requirements	<ul style="list-style-type: none">• Demonstrate a strong desire to OWN the business. Place yourself in the owner's shoes and find ways to do things better through listening, learning and executing with excellence• The ideal candidate will be actively pursuing a background in Fitness and Health Promotion OR Kinesiology OR Physical Education OR Business management and/OR be a current paddler

- Must be detailed oriented and quick to understand and apply new concepts, and be able to manage several ongoing issues and projects concurrently while meeting deadlines.
- Must demonstrate excellent written and verbal communication skills with the ability to communicate clearly and motivate others
- Self-Starter
- Must be able to work autonomously with minimal supervision

Remuneration The role starts in September; the minimum commitment is 20 hours per week. Payment for the internship will cover travel expenses tailored specifically to the candidate's needs with a performance bonus paid at the end. The internship has an end date of December 31. Based on performance, the role will then transition to a paid opportunity @ \$15/hour with a guaranteed 15 hours per week from January to May with the potential to renew through the summer.