



Ottawa TFC*

2075 Trim Road, Orleans Ontario, K4A 3R2



Tender Notice

Ottawa TFC is tendering for the services of: **Player Performance Management (Sports Med and strength/conditioning)**

This role will combine the traditional roles of sports medicine and physiotherapy with strength/conditioning and mobility training for players and teams in the club. Our aim as a provincial leader in soccer is to have a single, professional provider who can know our athletes by name and work with them regularly on their strength, conditioning and mobility, be able to spot, diagnose and work with potential injuries as (or before) they come up, and ultimately provide sports medicine services to those players in need. All of this, while communicating closely with the coaching staff at OTFC to ensure all player development efforts are coordinated.

The chosen candidate will be able to provide:

- (A) On-field (or gym) strength/conditioning and mobility training for elite athletes (age 11-18) to support a professionally run soccer training program.
- (B) On-field sports injury diagnostics, basic-treatment and athlete support (ie: assistance with form, recommended homework exercises, etc.)
- (C) Supervision and assistance for injured players on a daily basis. Those who are not able to participate fully in daily training sessions with their team, will work with the player performance group during their recovery.
- (D) Sports medicine services for injured athletes in need of formal treatment/care. This would be arranged directly with players and their families on a case by case basis with each player/injury.
- (E) Regular and professional communication with Ottawa TFC coaching staff regarding the physical condition of players and teams, as well as injury status of players not fully able to train due to injury.

On field training specifications:

- **Elite Academy training:** Leading strength, conditioning, mobility and injury prevention training for Ottawa TFC's elite academy teams (roughly 100 players)
 - Monday to Thursday from 4:00-5:30 pm
 - This program runs on a year round basis, with 8-10 weeks off from training each year.
- **Morning training:** Leading morning training sessions for academy and competitive players at the club.
 - 1 to 2 mornings per week between 6 and 8 am.
 - Specifics days and times to be agreed with the OTFC general manager.
 - These run in 10 week blocks throughout the year (expect 4 blocks)
- **Open training in evenings:** Leading once weekly evening training sessions open to all players aged 11-18 between 5:30 and 8:30 pm.
 - Specific day and times to be agreed with the OTFC general manager.
 - These will run between April and August for 12 weeks.



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Sports Medicine Specifications:

- Act as the preferred provider for sports medicine services for OTFC members.
 - Ideally located within the club's geographical area (between St. Laurent road and Cumberland village)
- Provide physical trainers for any club events as required (ie: tournaments, provincial games, etc).
- Manage player database with injury status on any players with injuries. This database should be visible to Ottawa TFC coaches.
 - Communicate regularly with coaching staff regarding status of players, teams and injuries, helping to ensure a seamless and integrated training program.

Qualifications:

- Capable of running highly effective strength & conditioning and calisthenics programs
- Knowledgeable, personable and professional trainers.
 - Soccer background is beneficial.
- Full service sports medicine provider:
 - A place where players can go and count on getting all of their sports medicine needs met.

Compensation/Costs:

- Interested parties please provide:
 - Cost for providing strength/conditioning and mobility training on a per session or per program basis. (costs borne by the club directly)
 - Cost for providing physio therapy services on a per game/hour/event basis (costs borne by the club directly)
 - Cost for basic sports medicine services (these are borne by OTFC members who choose to work with the provider independently)

The chosen provider will become a partner of Ottawa TFC for the 2019 season, with options to extend on an annual basis upon mutual agreement.

Please submit proposals to GM@Ottawatfc.com