

Alex Sirard

Professional Profile

I have been involved with coaching for 10 years, as a goalie coach and as a strength coach. I absolutely love the teaching and improving aspect that coaching brings. In my career, I want to impact as many athletes as possible, and give back to them so that they can achieve their personal goals. My extensive background in hockey as given me plenty of experiences which able me to relate with my athletes.

Experiences

EVO Athletics 2020–Present

*Sport Performance coach
Founder/owner*

University of Lethbridge 2014–2019

*Strength and conditioning coach (Varsity and youth)
–Pronghorns Varsity Men's Basketball
–Pronghorns Varsity Swim
–Pronghorns Varsity Men's Hockey
–Pronghorns Golf
–High Performance Hockey Training
–Jr. Horns Basketball Academy
Personal trainer
Fitness Instructor
Spin instructor
Fitness Consultant
Facility Operator*

Evolution Goaltending Consultant 2012–Present

Goalie Coach

Hockey Alberta 2014–2016

Goalie Coach

GDI Alberta 2009–2012

Goalie Coach

Retail Experiences Summer position

*Pro Hockey Life (2010)
Lowe's (2011)
Bert and Mac's Source for Sports (2015)
Le Chateau (2017)*



CONTACT

alex.sirard@gmail.com

evoconditioning.weebly.com

IG: @evoathletics.ltd

EDUCATION

B.A. & Sc. Kinesiology
University of Lethbridge

NCCP Coaching Level 1
NCCP Functional Movement
System

Performance Enhancement
Specialist
(To be completed by Sept. 2020)

EXPERIENCES

CIS Hockey (UofL Pronghorns)
BCIHL Hockey (Selkirk College)

WHL (Swift Current Broncos)
SJHL
AJHL

10 years of coaching
5 years of instructing

SKILLS

Team Work
Leadership
Planning
Management
Public Speaking
Detail Oriented
Bilingual English/French