



# POSITION DESCRIPTION

## Canterbury Rugby League Representative

# TEAM TRAINER



<b>JOB TITLE:</b>	Team Trainer
<b>REPORTS TO:</b>	Head Coach
<b>PERIOD OF APPOINTMENT:</b>	One Year
<b>HOURS OF WORK:</b>	One or two evening per week (voluntary position) Depending on what grade you are involved in; you may be required on the weekends.
<b>AVAILABLE POSITIONS:</b>	Women's, 19s, 17s, 15s, 14s, 13s, 12s, 11s & 10s.

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### GENERAL DESCRIPTION:

The Team Trainer works in conjunction with the Head and Assistant Coaches to ensure all players reach and maintain where required fitness levels and ensure they have a safe, healthy and enjoyable training and playing environment.

### RESPONSIBILITIES AND DUTIES:

- Support the Head Coach to ensure that all players reach and maintain a high level of fitness and physical condition.
- Account for and monitor all medical and strapping supplies
- Coordinate all training equipment as required by the head coach.
- Assist any injured/ill player on and off the field of play and at trainings and/or games.
- Plan all training sessions in conjunction with the head coach and fulfil any team training requirements as requested.
- Lead warm up and recovery sessions
- Provide advice and support on suitable nutrition and hydration for players.
- Assess, monitor and evaluate the physical condition of players for readiness for tournament/competition.
- Liaise with players doctor and/or physiotherapist relating to any injury/illness as required.
- Support the team staff to ensure all training venues and equipment is at a suitable and safe standard including but not limited to training surfaces and training gear.

### KNOWLEDGE AND SKILLS:

- Understanding the role of a trainer and has the appropriate qualifications as required by NZRL or at least working towards the suitable accreditation (NZRL National Trainer Accreditation or qualification in sport and fitness, please check through Canterbury Rugby League when available course are run).
- Good motivation and communication skills
- Good planner and well organized.
- Good understanding of core strength, muscular power, agility, speed, endurance, flexibility, injury prevention and injury management.
- Good understanding in how to conduct standard fitness testing and provide feedback to players.
- The ability to adapt to different training demands of your athletes and being able to think quickly on your feet if things do not go to plan.
- Good understanding knowledge of sports strapping techniques and can confidently strap players.

- Ability to analyse player's fitness levels and provides advice on areas of improvement.
- Maintains or improves his/hers accreditation level.
- Lives and promotes the values of CRL, SZRL and NZRL – Courage, Passion, Integrity, Leadership and Respect

**PLANNING AND REPORTING:**

- Provide the head coach with information towards an end of tournament/competition report.