



## POSITION DESCRIPTION

**JOB TITLE:** NZRL Residents Trainer

**AGE GROUPS:** 16s

**HOURS OF WORK:** These are voluntary roles that require a commitment of some weekend work and a camp for the campaign. Training days (x2) will be held in Auckland.

**APPOINTMENT TERM:** One (1) year plus one (1) year extension dependant on campaign review

**REPORT TO:** General Manager of High Performance and Football & Head Coach

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### **New Zealand Rugby League:**

***Our Vision: Te Iwi Kiwi - Build a stronger family, community & game***

***Our Mission: To serve & lead our people to success through rugby league "more than just a game"***

***Our Values: Integrity, Respect, Leadership, Courage, Passion***

*NZRL and Rugby League is a proven performer on the World stage and as a community leader dedicated to affecting social change within our community through sport.*

### **GENERAL DESCRIPTION:**

The Trainer has the responsibility of implementing programmes, as directed by the hub Strength and Conditioning coach, to ensure athletes are working toward mastering the fundamental motor skills and the development of base levels of physical fitness and training. The trainer is also required to facilitate sessions in a manner that minimises risk of injury and promotes athlete wellbeing. The trainer will also be required to mentor the players under their supervision regarding the nutrition, training and general lifestyle decisions of their athletic careers and beyond.

**KEY DATES:****Training dates**

Sunday 27 May / Sunday 24 June 2018 – Auckland based

**Fixture dates**

Campaign Tuesday 10 – Thursday 12 July 2018 – Rotorua

***Key Responsibilities:***

- In conjunction with NZRL and the coaching staff implement a training programme targeted at preparing players to perform to the best of their ability.
- Work alongside the hub strength and conditioning coach, and with the coaching staff and athletes to proactively minimise injury risk and ensure any injuries are managed in the best possible way for the athletes.
- Act as a positive role model to all athletes in regards to overall fitness and living a healthy lifestyle.
- Actively promote athlete well-being and safety and attend to the first aid and emergency care of players.
- Active engagement in training and match-day management of athletes, working alongside coaching and medical staff to promote athlete wellbeing and safety prior to, during and following the campaign.
- Work alongside the training and medical team to co-ordinate all training, match day and medical equipment.
- Educate athletes in areas relative to training techniques, nutrition and performance where required.
- Create a positive and encouraging training environment for the team.

**KNOWLEDGE AND SKILLS REQUIRED:****Skills and Qualifications:**

- Achieved a minimum of NZRL First Aid Officer (National Trainer Accreditation preferred) or record of prior learning (Level 6 Sport Science or Fitness, with relevant rugby league strength and conditioning experience [1-3 years]).
- Trainer at National Youth Tournament or National Competition level.
- Have a current First Aid Certificate.
- A strong understanding of the ACC LeagueSmart programme and exercises and best practices in a Rugby League setting.
- A sound knowledge of sports science as it is applied in Rugby League.
- A proven understanding of injury prevention, assessment and treatment.

**Personal Attributes:**

- Take a creative but realistic/practical approach to designing training sessions in consultation with the coaching staff
- Considerate of player's personal beliefs when physical contact is required to manage injuries
- Flexible and understanding of different cultures and backgrounds when dealing with players
- Able to work as part of a multifaceted team