



POSITION DESCRIPTION

JOB TITLE: NZRL Talent Development Programme; **Team Trainer**

AGE GROUPS: 16s and 18s

FOUR (4) HUB LOCATIONS: Two (2) in Auckland, one (1) in Central North Island (Upper Central and Mid Central) and one (1) in Lower North and South Island (Wellington and South Island)

HOURS OF WORK: This role requires a commitment of 6 - 10 hours per week. Must be available for some evenings during the week, Saturday mornings and weekend camps over a 12 week period, from January 2019 to March 2019

REPORT TO: Head Coach and National Talent Manager

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 Team Trainer has responsibilities for developing and implementing programmes to ensure the players possess the physical fitness and well-being to reduce the risk of injury and to deliver the coaches game plan. The Team Trainer must show a duty of care towards the players under their charge in terms of lifestyle, nutrition, training and injury prevention. The role will involve mentoring players on making quality choices in terms of nutrition, training and general lifestyle decisions relating to their player careers and beyond.

KEY DATES:

Planning and induction dates:

22 / 23 September 20 / 21 October 2018

Commencement of programme:

24 / 25 November 2018

12 January – 31 March 2019*

**Will include some evenings and weekend commitments, dependant on location and hub*

Fixture dates

Weekends in March

Key Responsibilities:

- In conjunction with NZRL and the coaching staff, develop and implement a training programme targeted at preparing players to perform to the best of their ability.
- Working with the coach and players proactively manage injury risk and ensure injuries are managed in the best possible way for the players
- Act as a positive role model to all players in regards to overall fitness and living a healthy lifestyle
- Actively promote player well-being and safety and attend to the first aid and emergency care of players.
- Co-ordinate all training, match day and medical equipment. Ensure that all equipment/supplies are accounted for and returned to its rightful place at the completion of the campaign.
- Liaise with physiotherapist and medical specialist for all player injuries prior to, during and post programme
- Educate players 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 NZRL National Trainer Accreditation (*Course attended must have been done no earlier than 2015*) or record of prior learning
- 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