

POSITION DESCRIPTION

JOB TITLE: Kiwi Ferns Head Trainer

APPOINTMENT TERM: 3 years (expiring at the conclusion of the 2021 Women's RLWC) subject to annual NZRL review after the 2019 & 2020 campaigns.

REPORT TO: NZRL GM of High Performance & Head Coach



The Kiwi Ferns are New Zealand's premiere national rugby league side for women. Established in 1995, the Kiwi Ferns have been a great contributor to Women's rugby league growth and success with an unprecedented three World Cup titles (2000, 2005, and 2008). The Kiwi Ferns will be looking to add to this tally of World Cup titles with the exciting fixtures leading up to this pinnacle event in the United Kingdom in 2021.

GENERAL DESCRIPTION:

The Kiwi Ferns Head 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 Kiwi Ferns Head 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.

They will also need to be able to tailor their programmes to reflect the age and ability of the players they are training.

KEY DATES

Selection dates

Saturday 1st June 2019 (Queens Birthday weekend) – Kiwi Ferns Trial

Fixture dates 2019

Saturday 22nd June vs Tonga TBC Campaign and training dates and structure to be determined by NZRL in conjunction with Head Coach Appointment

18th & 19th October Downer RL World Cup 9s

27th October vs Australia Jillaroos

Key Responsibilities:

- In conjunction with NZRL and the coach, 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 overall benefit.
- 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 camp. Support and assist player with rehabilitation plans where necessary.
- 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 of NZRL National Trainer Accreditation
- Trainer at National Youth Tournament or National Competition level
- Have a current First Aid Certificate
- A minimum of 3 years' experience in a relevant role
- The ability to plan and prioritise own tasks and activities
- Strong communication and organisation skills with the ability to work as part of a close knit team
- Leadership and diplomacy skills
- A strong understanding of the ACC LeagueSmart programme and exercises and best practices in a Rugby League setting
- A thorough knowledge of different instruction styles, approaches and techniques
- 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 coach
- Considerate of player's personal beliefs and insecurities when physical contact is required to manage injuries

- Flexible and understanding of different cultures and backgrounds when dealing with players