



POSITION DESCRIPTION

JOB TITLE: NZRL Residents **Trainer**

HOURS OF WORK: This is a voluntary role that requires a commitment of some weekend work and a camp for the campaign.

APPOINTMENT TERM: 2019 Campaign vs England Community Lions.

REPORT TO: Head Coach & General Manager of High Performance

Rugby league has played a significant part in New Zealand sport for over 100 years. Formed in 1910, New Zealand Rugby League (NZRL) is the governing body for the sport of rugby league in New Zealand.

New Zealand Rugby League goals:

- Rugby league enjoyed by more people
- A financially sustainable NZ Game
- Women's game thriving and enhanced opportunities for women in the game
- Kiwis and Kiwi Ferns inspirational & aspirational
- NZRL to be a model modern sports organisation

Through our "**More Than A Game**" philosophy, NZRL aspires to transform lives and community wellbeing through Rugby League.

Underpinning this philosophy is **The Kiwi Way**.

We are diverse, we call New Zealand home and therefore we are all Kiwis.

We are inclusive, respectful and humble

We are responsible

We are innovative and courageous

We are family first

We live and play The Kiwi Way every day

GENERAL DESCRIPTION:

The trainer is required to facilitate sessions in a manner that minimises the 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:**Campaign dates:**

Tuesday 29 / Wednesday 30 October – Friday 1 November 2019; Auckland based

Fixture date:

Friday 1 November 2019; Auckland

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 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:**

- Involved as a Trainer with a team in the Men's NZRL National Premiership, Southern or Northern Championship competitions
- 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]).
- Have a current First Aid Certificate.
- A strong understanding of the ACC LeagueSmart programme and exercises and best practices in a Rugby League setting.

- 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 the 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
- Overall, live the Kiwi Way everyday