

Northern Region School Sport

Duties of Regional Trainer



DUTIES OF REGIONAL TRAINER

All Northern Officials will work together, as a team, to provide a positive school sport experience for their players.

As trainer you will assist/advise the coach with team trainings and game day performance.

Your duties include the following;

- Attend all team training sessions and games.
- Liaise with team coach regarding other duties aside from injury prevention and management.
- Liaise and co-operate with fellow team officials in the assessment of players whilst on tour.
- Liaise with appointed State Championship Sports Medicine Officer on issues concerning Northern players.
- Communicate with team officials, team members and their parents in relation to injury prevention and management.
- Maintain accurate records of injuries managed.
- Organise fluid replacement for athletes during training and competition.
- Be able to conduct an effective warm up, stretching and cool down program.
- Taking a moment to ensure you have a positive and fulfilling experience for **your self**.

