



## **Jr "A" Team Trainer**

**Organization:** Cochrane Crunch Jr A Hockey Club

**Reports to:** General Manager

**Works Under:** Head Coach

**Position:** Part-Time (15-20hrs/week)

**Location:** Cochrane, ON. Tim Horton Event Centre

**Number of Positions Available:** 1

### **Duties and Responsibilities**

- Taking a lead role in the development and implementation of a risk management plan and program that emphasizes the prevention of injuries and accidents before they occur.
- Ensuring that the physical premises in which a team activity is about to occur are safe and free from harmful hazards.
- Taking the lead role in the establishing a readiness preparation of a viable Emergency Action Plan, ensuring that all parties involved are aware of and practiced in their roles.
- Teaching, promoting, and supervising the use of proper conditioning, stretching and warm-up techniques prior to all on-ice and off-ice physical activities.
- Teaching, promoting, and supervising the use of proper nutritional regimens for and by all players during the entire season.
- Teaching and promoting, through educational activities and role modeling, the appropriate behaviour related to performance enhancing substances, drugs, alcohol and smoking with players and family members.
- Developing and maintaining accurate medical history files on each and all players and using a system that ensures the availability of the files at all games, practices and off-ice training events.
- Working with the manager to ensure the presence and use of key documents such as the Medical Information Form, the Player Injury Report, the Emergency Parent/Guardian Phone List, and a Safety Checklist.
- Ensuring that you have both a large Trainer's Kit and a smaller "on-ice" pack that are properly always stocked and present at all practices and games.
- Work with equipment manager to ensure team supplies such screws, fasteners, tape, neck guards, laces etc are stocked in dressing room and ready for road trips.
- Managing minor injuries immediately in accordance with training and proper injury management principles.
- Recognizing significant injuries as soon as they occur and taking immediate and appropriate action.
- Being prepared to be the decision maker on whether a player who is injured in a game or practice can reasonably and safely return to play.

### **Hours/Time**

- Must be available to work normal business hours (Practices) evening and weekends (Game Days) Between August - April
- Must be able to travel with Team for road games/trips
- Available 85% of scheduled games and practices.
- Must have transportation to and from Tim Horton Events Centre

## Requirements:

- Must have solid knowledge of and interest in sports - a background in hockey is especially helpful.
- Ability to be successful working in a fast paced, loosely structured environment.
- Strong communication and interpersonal skills.
- Self-starter who can work independently with minimal supervision but also able to work effectively within a team environment.
- Maintain Confidentiality
- Excellent communication and people skills
- Ability to handle high stressed situations and invoke calmness
- Be able to provide clear and concise instruction.

## Certifications and Other Qualification Requirements

- Must Be Level 2 Certified
- Criminal Background Check and Vulnerable Sector Screening
- Must have Valid Certification in First Aid, CPR /AED

## Benefits Of Crunch Internship

- Recognized On Crunch Staff Page
- Opportunity To Travel on Designated Road Trips
- Gain Valuable Experience and Build Resume
- Team Staff Apparel
- Part of Team Events / Year-End Banquet
- Renumeration (TBD)

## How To Apply

Those interested should submit a cover letter briefly detailing why this position is desirable, two letters of reference (preferably within a trainer role, no family members),

The Cochrane Crunch are an equal opportunity organization and welcome all applications. We thank all who apply, only those being considered will be contacted.

### **Send Cover Letter and Resume to:**

**Attention:** James MacEachern, General Manager

**Email Subject Line:** 2022-23 Crunch Trainer Application\_(First, Last Name)

**e-mail:** [James.MacEachern@cochranecrunch.com](mailto:James.MacEachern@cochranecrunch.com)