



## High Performance Trainer Job Description

The HP trainer will provide athletes and coaches with objective information regarding on court activation and recovery, as well as off court training. The trainer will provide to both athlete and coaches information relating to enhancing performance readiness, athlete recovery and injury maintenance.

This information facilitates enhanced feedback between coaches and athletes, helping to ensure that the player is aligned with Best Practices with regards to overall physical preparedness and training

The continuing goal of the performance trainer, while working with any of our athletes is to help them to understand how they are performing. Providing them and their coaches with objective information, increasing their chances of maximizing training effects and achieving success. Through these provision athletes have the opportunity to:

- Improve their preparation for performance
- Have individualized activations protocols
- Establish proper on and off court recovery regimes

Duties will include:

1. Delivering an on court program with specific exercises that will improve player's overall performance for balance, flexibility or agility
2. Providing and monitoring corrective and restorative exercises for injured and recovering athletes
3. Working with coaching staff to identify specific techniques and drills that will enhance player performance
4. Design, implement and monitor team and individual player warm up and cooldown routines

### High Performance Training Team

**Female Team Trainer:** Oversees Girls CP and POD performance training including on and off court training, scheduled training sessions and individual player training programs

**Male Team Trainer:** Oversees Boys CP and POD performance training including on and off court training, scheduled training sessions and individual player training programs

Position would last the length of the specific HP program.

**Interested coaches and trainers are asked to submit their resume with an accompanying cover letter to Shaun McGuinness, BBC Provincial Coach**

**[smcguinness@basketball.bc.ca](mailto:smcguinness@basketball.bc.ca)**