



**Soldiers Reserve, Cnr Duncans
& College Roads, Werribee**

Mail: PO BOX 699, Werribee, 3030

Web: werribeedistrictsfc.com.au

Affiliated WRFL **ABN** 58 102 070 318

HEAD TRAINER

The Werribee Districts Football Club are seeking to employ a Head Trainer (remuneration is available) for the season 2018

List of what is required is attached, however, these duties can be changed depending on what both parties agree upon

Level 1 in First aid is essential

Further details about this position can be made by ringing Murray Smith on 0430 433 828

Or if you are interested in this position you can send your application to murray1060@optusnet.com.au

Thanks

MURRAY SMITH
PRESIDENT
0430 433 828

A handwritten signature in blue ink, appearing to read "Murray Smith", is written over the printed name and title.

major sponsor



TRAINING NIGHTS –

- Arrive 5.15pm
- Sweep floor, organize tape table and equipment
- Lay out strapping tape, cloth and oil for rubs
- Other trainers arrive 5:30pm
- Rubs and Strapping commences until 6:15
- Float in case of injury during training
- 7:30pm – End of training rubs or assessments
- Pack everything up back into cupboards

GAME DAY – HOME – (19s/Reserves/Seniors)

- Arrive 8:30am or 11.00am depending on where the under 19s are playing
- Sweep floor, organize tape table and equipment
- Layout strapping tape, cloth and oil for rubs
- Cover tables with sheets
- Another trainer arrives 8:30am (19s)
- Strap and Rub / On field duties where required
- Make sure bench bag is fully stocked with necessary items and duplicates for rubs are in clubrooms and bench (grip, sanitizer, oil, asthma puffers, cloths, padding)
- Injury assessments throughout the day (with physio) where required
- Make ice bags from ice machine in clubrooms
- After conclusion of senior's game, return all equipment to cupboards, empty drink bottles, clean up trainers areas

GAME DAY – AWAY – (19s/Reserves/Seniors)

- Arrive 8.30am or 11.00am depending on where the under 19s are playing– set up all equipment transported from our clubrooms
- Take: 2 massage tables – card table, clubroom strapping bag, clubroom oil bag, club room ice esky, bench strapping bag, bench ice esky, bench oil bag
- Cover massage tables with sheets
- Layout strapping tape, cloth and oil for rubs
- Other trainer arrives 8:30am (19s)
- Strap and Rub / On field duties where required
- Make sure bench bag is fully stocked with necessary items and duplicates for rubs are in clubrooms and bench (grip, sanitizer, oil, asthma puffers, cloths, padding)
- Injury assessments throughout the day (with physio) where required
- Make ice bags .which are made during week before from my ice machine at home.
- After conclusion of senior's game, return all equipment to the Tarago and transport everything back to clubrooms

OTHER

- Order stock as required – tape, medical supplies, etc.
- Roster Trainers for Game Day and Training Nights
- Consult with Team Physio
- Consult with Senior Coaching staff at all times