



## VULS - Athlete Health Liaison (AHL) Misfit Youth Club Program

Position Title: Athlete Health Liaison (AHL)

Organisation: Misfit Youth Club Program, Vancouver Ultimate League Society

Reports to: Misfit Coordinators

Work Type: Contract, 5-15 hours per month (May to end of Youth Club Season)

### Position Description:

Are you interested in a career that is health related, working with youth and sport? Then the AHL position is right for you! This position starts in May and continues until the end of the Summer Youth club season. This position will provide you with a great opportunity to work with youth, healthy training practices and sport sciences.

### Duties & Responsibilities:

- Appointed to two Misfit teams to oversee and help incorporate injury prevention program in place for each team
- Must be comfortable teaching and showing program to teams
- Responsible for learning the injury prevention program
- Track injuries and health status of players
- Progress the exercises/pre-hab appropriately
- Relaying with the Misfit coordinator any concerns with the program or ideas to help foster the program
- Check in weekly with the coaches to see progress of the program and players

### Working Environment:

- Misfit AHL's are expected to have own access to computer and internet to communicate, track injuries, and relay information to the Misfit coordinator and coaches
- Responsible for learning the injury prevention program by coordinating with Misfit coordinator
- Responsible for teaching the injury prevention program to the teams on field (approximately one to three sessions for each team)

### Qualifications:

- Pursuing or has completed a diploma in health education (kinesiology, personal training, other health related sciences).
- Experience playing ultimate
- Comfortable talking in front of big groups
- Organised:
  - Set priorities.
  - Develops schedule.
  - Tracks progress and records relevant details.
- Interpersonal
  - Creates and maintains positive and collaborative working relationships.
- Professional:
  - Represent the VULS and ultimate in a highly professional manner.

### Benefits:

- References
- Training and learning opportunities
- Misfit swag
- Opportunity to work/shadow with health practitioners (physiotherapist, chiropractor, and massage therapist)