



Green Mountain Valley School

ATHLETIC TRAINER / PHYSIOTHERAPIST & STRENGTH AND CONDITIONING COACH

Waitsfield, VT



Start Date: August 1, 2024

At **GMVS**, we're more than just a training ground for future champions; we're a community that shares an undying passion for the sport. Join us, and your impact will be immediate and profound. Your role will define the future of ski racing by ensuring that every aspiring athlete gets the opportunity they deserve.

POSITION OVERVIEW:

GMVS is seeking a dedicated and experienced **Athletic Trainer / Physiotherapist** with expertise in strength and conditioning to join our team, focusing on providing comprehensive sports medicine services to aspiring ski racers. This job requires a deep understanding of athletic training principles, injury prevention techniques, rehabilitation strategies, and strength and conditioning programming specific to the demands of competitive ski racing. The successful candidate will work closely with the staff at Elevation Physical Therapy, athletes, coaches, and other medical professionals to optimize performance, prevent injuries, and facilitate safe and efficient recovery.

In conjunction with the staff at Elevation PT as well as the school's High Performance Team, the Athletic Trainer / Physiotherapist holds the following key responsibilities:

Injury Prevention and Risk Assessment:

- Conduct thorough assessments of athletes to identify areas of potential risk for injury related to ski racing.
- Develop personalized injury prevention programs focusing on strength, flexibility, balance, and technique correction.
- Educate athletes and coaches on proper warm-up routines for strength sessions, shoulder season sports, and on-snow training.

Treatment and Rehabilitation:

- Provide immediate care and evaluation of injuries sustained during training or competition.
- Develop and implement evidence-based rehabilitation protocols tailored to specific injuries and athlete needs.
- Monitor progress and adjust treatment plans as necessary to promote optimal recovery and return to sport.

Strength and Conditioning Programming:

- In collaboration with the High Performance Team, design and implement individualized strength and conditioning programs to improve ski-specific performance and minimize risk of risk.
- Utilize periodization principles to plan training cycles and optimize peak performance during competition season.
- Incorporate functional movements, plyometrics, Olympic lifts, and other training modalities to enhance strength, power, agility, and endurance.



Performance Enhancement:

- Collaborate with the Elevation PT staff as well as coaches to integrate injury prevention strategies into ongoing strength and conditioning programs.
- Conduct biomechanical analysis and movement assessments to identify areas for improvement in skiing technique.
- Design and implement strength and conditioning programs targeting areas of weakness or imbalance to enhance athletic performance.



Medical Support and Collaboration:

- Serve as a liaison between athletes, coaches, and other medical professionals, facilitating communication and coordination of care.
- Work closely with appropriate physicians and sports psychologists to provide holistic care for athletes.
- Maintain accurate medical records and documentation of injuries, treatments, and rehabilitation progress.

Education and Outreach:

- Conduct educational workshops and seminars for athletes, coaches, and parents on topics such as injury prevention, nutrition, and recovery strategies.
- Stay current with developments in sports medicine and ski racing-specific research, and incorporate best practices into clinical practice.

QUALIFICATIONS:

- Bachelor's or Master's degree in Athletic Training, Physiotherapy, Sports Medicine, or related field.
- Current certification from a recognized accrediting body (e.g., BOC for athletic trainers, APTA for physiotherapists).
- Valid Vermont state licensure – or ability to obtain one – as required by law.
- Minimum of 2-3 years of experience working as an athletic trainer or physiotherapist in a sports medicine setting, preferably with experience in ski racing or winter sports.
- Strong knowledge of biomechanics, sports injury mechanisms, and rehabilitation principles.
- Excellent communication and interpersonal skills, with the ability to work effectively as part of a multidisciplinary team.
- Passion for skiing and understanding of the unique physical demands and challenges faced by ski racers.
- CPR/AED certification preferred.

BENEFITS:

- Competitive salary commensurate with experience.
- Comprehensive benefits package including health insurance, retirement plans, and ample vacation time.
- Professional development opportunities to stay current with advancements in sports medicine and ski racing.
- Access to world-class training facilities and resources.
- Opportunity to work with motivated and talented athletes striving to achieve their full potential in ski racing.

Join our team and play a vital role in supporting the health, performance, and success of aspiring ski racers through comprehensive sports medicine care, injury prevention strategies, and customized strength and conditioning programming.

HOW TO APPLY:

Green Mountain Valley School has engaged Dovetailed to lead this search. Interested candidates should email a cover letter (addressed to Alpine Program Director Jeff Lackie), a resume, and a list of at least three professional references consolidated as a single PDF document to Zack Lehman at zack@dovetailedsourcing.com. Please do not contact the school directly.

