



Job Opening: Strength and Conditioning Trainer for BAI National Team

Position: Strength and Conditioning Trainer

Location: BAI National Centre of Excellence, Guwahati, Assam

Organization: Badminton Association of India (BAI)

About Us: The Badminton Association of India (BAI) is the national governing body for badminton, committed to fostering talent and excellence in the sport across India. BAI is dedicated to enhancing the performance of its athletes by providing world-class coaching, training, and support. As part of this mission, we are seeking a qualified Strength and Conditioning Trainer to work with our athletes' physical development and injury prevention.

Job Description: The Strength and Conditioning Trainer will play a key role in optimizing the physical performance of the BAI NCE players. This position involves designing and implementing training programs to improve athletes' strength, endurance, agility, flexibility, and recovery. The ideal candidate will work closely with the coaching staff and medical team to tailor training plans that align with the needs and goals of each athlete.

Key Responsibilities:

- Design and execute individualized and team-based strength and conditioning programs focused on enhancing performance and reducing injury risk.
- Conduct physical assessments and performance testing for athletes and track their progress over time.
- Collaborate with coaches to integrate conditioning into daily training schedules and competition preparation.
- Provide guidance on recovery protocols, nutrition, and injury prevention strategies.
- Use data and analytics to monitor athlete progress and adapt training plans as needed.
- Educate athletes on proper strength training techniques and movement patterns.

Requirements:

- Bachelor's or Master's degree in Sports Science, Exercise Physiology, Kinesiology, or a related field.
- Certification from a recognized body (such as NSCA, CSCS, or ACSM).
- Minimum of 3-5 years of experience working with high-performance athletes, preferably in badminton or similar sports.

- In-depth knowledge of strength and conditioning principles, injury prevention, and recovery protocols.
- Ability to work collaboratively with coaches, medical staff, and other team members.
- Excellent communication and motivational skills.

Preferred Qualifications:

- Prior experience with national or international sports teams.
- Knowledge of badminton-specific conditioning requirements.
- Familiarity with performance analysis software and data-driven training techniques.

Salary: As per experience & qualification

How to Apply: Qualified candidates are invited to send their resume, along with a cover letter outlining their experience and approach to strength and conditioning, to srsanjaymishra@gmail.com. Please include "Application for Strength and Conditioning Trainer - BAI National Team" in the subject line.

Application Deadline: 20/11/2024