



WORCESTERSHIRE

COUNTY CRICKET CLUB

JOB DESCRIPTION

Job Title:	Lead Strength & Conditioning Coach
Reporting to:	Head of Sport Science & Medicine
Contract Type:	Full Time / Permanent

Worcestershire County Cricket Club is looking for an exceptional individual to take responsibility for the physical training and conditioning of our professional squad and academy players.

The successful candidate will deliver comprehensive physical preparation programmes, based on sound strength and conditioning principles to both developing and senior athletes. The successful candidate will have experience of working in a team environment with elite/high performance teams. Previous experience working in cricket is not essential.

Primary Role:

- Work collaboratively with the Head of Sport Science & Medicine to design, develop and deliver strength & conditioning programmes for Worcestershire contracted and academy players.
- Work collaboratively with Worcestershire County Cricket Club Coaching Staff to design and develop integrated support programmes for individual's player performance targets.
- Provide specialist S&C input to the physiotherapist to support injury risk reduction, injury management, rehab and return to performance.
- Lead on physical performance testing and profiling of Worcestershire CCC players and be accountable for uploading and storage of testing data to ECB platforms.
- Provide basic nutritional guidance to Worcestershire CCC players.
- In collaboration with the Head Coach help prepare the players on match and training days.
- Attend and contribute to support staff meetings.
- Liaise with the ECB Strength & Conditioning Team regarding support and management for England players at Worcestershire CCC.
- Undertake appropriate professional development to keep abreast of world's best practice and current evidence-based research.

Essential

- UKSCA accreditation (or equivalent).
- Graduate qualification in Sports Science and/or Strength & Conditioning.
- A minimum of three years' experience with a least two years spent in a professional cricket or equivalent full-time professional elite athlete and performance team environment.

- Experience in the support and preparation of developing elite athletes.
- Experience of working within a multi-disciplinary support team.
- Current basic life support training and first aid qualifications.
- The ability to travel to training and match venues within the county.
- Computer literacy, including Microsoft Office, databases and performance analysis software.

Desirable

- Experience working in cricket.
- Postgraduate degree in related field S&C.

Due to the nature of the business some weekend and evening work will be required as part of this role.

This Job Description is not an exhaustive list of tasks performed but does represent the major duties and responsibilities encompassed in the job. It does not prevent the Post Holder from being allocated any other duties of a broadly similar nature to those described. Should these other duties become a permanent and major part of the job, they will be included in a revised specification.

Worcestershire County Cricket Club recognises the positive value of diversity, promotes equality and challenges discrimination. We welcome and encourage job applications from people of all backgrounds.