



# WORCESTERSHIRE COUNTY CRICKET CLUB

## Strength & Conditioning Coach - Job Description

<b>Job Title:</b>	<b>Strength &amp; Conditioning Coach</b>
<b>Reporting to:</b>	<b>Head of Sport Science &amp; Medicine</b>
<b>Contract Type:</b>	<b>Full Time / Permanent</b>
<b>Salary:</b>	<b>£22,000-26,000 depending on experience</b>

### **Purpose of the Role:**

- Work collaboratively with the Lead Strength & Conditioning Coach, Second Team Physiotherapist and Head of Sport Science and 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 management, injury management, rehab and return to performance.
- Conduct 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 coaching staff help prepare the players on match and training days.
- Develop relationships with schools and deliver S&C sessions for academy players in the school environment.
- Assist with rehabilitation and planning of rehab as part of a multidisciplinary team
- Attend and contribute to support staff meetings.
- Undertake appropriate professional development to keep abreast of best practice and current evidence-based research.

### **Background:**

Worcestershire County Cricket Club is one of the 18 first class cricket clubs which make up the England and Wales Cricket. We play to the highest level of professional cricket with a history stretching back over 155 years. We compete in the County Championship, as well as in the Vitality Blast T20 and pride ourselves on developing talent which can be seen in the number of academy players who have gone on to represent Worcestershire CCC as well as other first-class counties and England. We aim to create an environment to allow developing players to flourish, supporting the teams as well as individuals, and we want to find exceptional people who can live the values and principles of the club.

### **Role and Person Summary:**

We are looking for an exceptional individual to lead the planning and delivery to our second team and academy players and assist the Lead Strength & Conditioning coach with the physical training and conditioning of our professional squad. This role is key for the future development of our academy programme, and development of professional



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behaviours early in a young cricketer's career; to facilitate the successful transition for players into the senior team and subsequently first-class cricket.

We are looking for someone who is excited and energised by supporting young cricketers as individuals and performance driven players in an interdisciplinary way. You will need to be responsive to day-to-day events while at the same time maintaining high technical standards across a competitive calendar. In the winter there is a focus on development, while in the spring and summer there is a shift towards game preparation and coach support.

We want to find someone who can support us in our goal create a positive image of the game and the club, help develop the belief and skill to compete against the best teams, provide the opportunity for young players to represent Worcestershire CCC and raise the standard of cricket, and to help us be regarded as a leading pathway for talent development and talent identification.

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

### Key working relationships

- Lead Strength & Conditioning Coach
- Second team and academy coaching staff
- Science and Medicine team, especially Physiotherapists, Doctor and Psychologist
- First team coaching staff
- Head of Sport Science and Medicine

### Person Specification

#### Essential

- UKSCA accreditation (or equivalent), or able to gain accreditation in first 6 months of accepting role.
- Graduate qualification in Sports Science and/or Strength & Conditioning.
- Experience in an elite/high performance sport and performance team environment.
- Experience of analysing the demands of a sport in relation to the performance outcomes and strength and conditioning requirements.
- Basic anatomical knowledge and an ability to apply this within a strength and conditioning environment.
- Ability to teach barbell lifts, supplementary exercises and ground-based drills including how to correct common faults with appropriate diagnostics and monitoring.
- Ability to construct strength, speed/change of direction and fitness-based training schedules (gym and field based) with appropriate monitoring including a database of work/load.
- Ability to modify strength & conditioning programmes, according to the results of assessments and in conjunction with coaches and other support staff.
- Experience of working within a multi-disciplinary support team and an understanding of the various sports science and sports medicine disciplines.
- Good coaching skills including the ability to adapt to the environment to motivate behavioural change and facilitate performance.
- Skilled in building and maintaining productive relationships with high performance staff.
- Current basic life support training and first aid qualifications (or evidence of working towards).
- The ability to travel to training and match venues.
- Computer literacy, including Microsoft Office, databases and performance analysis software.



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- Engage with continuous professional development in anti-doping, i.e., UKAD Accredited Advisor Certification.
- Ability to work irregular and unsocial hours, including work outside normal office hours, at evenings, weekends and Bank Holidays.
- A recognition of the importance of promoting and supporting equality, safeguarding and anti-doping within sport.

### Desirable

- Experience working in cricket.
- Experience in the support and preparation of developing elite athletes.
- Postgraduate degree in related field to strength & conditioning.

This role may involve training, supervising, working with and/or being in sole charge of children and young people. **The successful applicant will therefore be required to apply for a disclosure from the Disclosure and Barring Service.** A disclosure is an impartial and confidential document that details an individual's criminal record and where appropriate gives details of those who are banned from working with children. Having a criminal record will not necessarily be a bar to obtaining a position.

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.

### Hours, benefits and salary:

- This is a full time role working a minimum of 40 hours per week. Due to the nature of the business you will be required to work some evenings and weekends.
- The salary range for this role is £22,000 to £26,000 per annum
- Contributory pension scheme
- Free city centre parking
- Stunning city centre location with iconic cathedral view
- Discount in the club café
- 2 x matchday membership passes
- Paid time off at Christmas
- Complimentary tickets for various Sports venues across Worcester, including Worcester Warriors, Worcester Racecourse, Worcester Wolves and Severn Stars
- Complimentary passes at Nuffield Health
- Complimentary staff food on matchdays
- Employee Assistant Programme



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### **To Apply:**

Please apply via Indeed and submit a CV along with a covering letter. The closing date for applications is Tuesday 26<sup>th</sup> July 2022. Interviews will be held on Monday 1<sup>st</sup> August 2022.

**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.**