

## Job Description

# Essex Cricket

**Role Title:** Strength and Conditioning Coach

**Reports to:** Head of Athlete Development/ Lead Physiotherapist

**Hours of work:** 37.5 Hours per week

**Location:** Essex County Ground, Chelmsford

**Main Duties:** To provide Strength and Conditioning (S&C) and Sports Science support to Essex CCC Professional, Academy, Emerging, Development and Women's squads.

### General

- **Strength and Conditioning** -Create individualised Strength and Conditioning programmes during both off and in-season periods reflecting the individual needs of the player
- **Injury Rehabilitation** -Provide rehabilitation training of players in conjunction with the Physiotherapists guidelines
- **In season/Offseason Monitoring** -In-season/ off-season monitoring of skinfold measurements, bodyweight, RPE, physical competency, training/playing workload and power output.
- **Nutrition**- Working with catering and consultant nutritionists to provide appropriate nutrition for players
- **Fitness testing** - Fitness testing and monitoring for Professional, academy, emerging, development and women's squads. Results should be used to inform training programmes and individual fitness reporting. Fitness testing should take place 3 times yearly as a minimum.
- **Collaborative Working**- Liaise with ECB science and medicine staff with respect to England contracted, incrementally contracted and England performance squad players ensuring training is in conjunction with players aims.
- **Continued Professional Development** -Undertake appropriate professional development to keep abreast of world's best practice especially in highlighted areas of weakness
- **Research**- Contribute to research into all aspects of cricket performance by implementing original studies of research, and maintaining accurate records of player physical characteristics throughout the training year.

### Qualifications and experience required for this role:

- UKSCA accreditation
- Graduate qualifications in Sports Science and/or Strength and Conditioning

- At least three years experience in the provision of strength and conditioning services to elite athletes and coaches which should include work with high performance teams or squads.
- Working experience in the support and preparation of developing elite athletes, with specific expertise in strength and conditioning and sports injury prevention/rehabilitation
- Experience in the design, implementation and monitoring of strength and conditioning programmes for elite cricketers
- Excellent interpersonal and communications skills (including presentation skills)
- Basic life support training within the past two years
- Full Driving Licence
- Computer literacy, including MS office, excel and performance analysis software
- Current Professional indemnity insurance cover
- Experience in the preparation and delivery of CPD workshops and conference presentations to both colleagues and professional peers

*This role profile is not exhaustive; it will be subject to periodic review and may be amended to meet the changing needs of the business. The post holder will be expected to participate in this process and we would aim to reach agreement to the changes.*