

Lead Strength & Conditioning Coach – Essex Women

Reporting to: Performance Director

Expected Salary: Competitive, dependent on experience

Contract: Full time

Hour of Work: 37.5 hours per week

Closing Date: Sunday 08 December 2024

Location: Required delivery venue, including thought not limited to Chelmsford, Colchester, Leyton Cricket Hub (East London) and partner venue across the East of England catchment.

Personal Specification

Essential

- Undergraduate Sports Science/Strength & Conditioning degree (or equivalent)
- UKSCA Accreditation (or equivalent)
- Minimum of three years' experience working with professional/elite athletes
- Experience working with female athletes
- Experience of working as part of a multi departmental team to support and drive athlete development
- Knowledge of performance metrics and prior use of data to inform preparation and recovery strategies
- Exposure to high performing environments and personal desire to drive cultural standards
- Appropriate professional indemnity insurance
- Up to date first aid qualification
- Disclosure and Barring Service (DBS) Certificate - A disclosure is an impartial and confidential document that details an individual's criminal record and where appropriate gives details of those who are barred from working with children
- Full Driving License

Desirable

- A postgraduate qualification in relevant Sports Science or Strength & Conditioning
- ISAK Level 1 Accreditation
- Sports Trauma accreditation
- Experience working in cricket

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Main Duties:

The Lead Strength & Conditioning Coach will demonstrate high level coaching skill, providing technical and applied knowledge that ensures match readiness and drives the athletic development of contracted and high potential Essex Women cricketers.

- Lead the design of all areas of physical preparation and athletic development for Essex Women 1st Team, Academy and Emerging Player programmes.
- Deliver high quality athletic development coaching to players at Essex Women 1st Team level, and where relevant across Academy & Emerging Player Programmes.
- Design and implement education programmes that support athlete development and wellbeing across the Essex Women's pathway, including nutrition and performance lifestyle management.
- Complete regular player profiling in line with ECB and local protocols to inform programme design and player development.
- Manage the collection, analysis and interpretation of monitoring and workload data, and share as appropriate with players and coaches.
- Work collaboratively with other science and medicine departments to deliver injury prevention and rehabilitation programmes for Essex Women's cricketers.
- Work with the wider Multi-Disciplinary Team to support player performance and meet associated performance development goals.
- Supervise Strength & Conditioning coaches delivering across Essex Women's performance pathway.
- Implement an effective player management system for representative and externally contracted players moving in/out of Essex Women and other performance pathways/franchise cricket.
- Actively participate in the ECB Women's Science and Medicine Review process.
- Guide and champion local and ECB led clinical/performance/research projects.
- Within the rules of professional confidentiality liaise effectively with players, parents, coaches, delivery staff, Team Director and Performance Director.
- Undertake appropriate professional development to keep abreast of world's best practice and current evidence-based research.

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The Lead Strength & Conditioning Coach will be expected to contribute to the wider organisational development of Essex Cricket, including though not limited to the below.

- Facilitate and participate in promotional or commercial activities with sponsors as required by Essex Cricket and partners.
- Support Essex Cricket's partnerships and collaborations by sharing knowledge, developing best practice and promoting the ambitions of the club.
- Strive to achieve the best possible performance results considering their job description and associated responsibilities.
- Set a good example to all in conjunction with the Staff Handbook.
- Develop their knowledge and attend relevant training to maintain their understanding of EDI and Safeguarding on an organisational and programme level.
- Actively pursue a professional development programme as agreed annually with the Performance Director.
- At times there may be other commitments that fall outside the stated Job Description that may be asked of by the Performance Director, Team Director, Head of Athletic Development and other colleagues.

Personal Attributes

The successful candidate will need to be a highly credible, determined, clear thinking and articulate individual with:

- High standards of personal and professional integrity.
- Huge levels of passion, energy and enthusiasm.
- Honesty, tact and a strong will to succeed.
- An appetite to constantly seek improvement in all aspects of their work.
- Excellent interpersonal, written, and verbal communication and influencing skills.
- Resilience and energy to operate in a challenging and high-profile working environment.

Due to the nature of this role and the likely travel requirements for the region, a full, clean driving licence is essential. The successful applicant will also appreciate the varied working hours for this post which will include some evenings and weekends in line with fixtures and coaching requirements.

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Essex Cricket is committed to safeguarding and protecting the children and young people that we work with. As such, all posts are subject to a safer recruitment process, including the disclosure of criminal records and vetting checks. We ensure that we have a range of policies and procedures in place which promote safeguarding and safer working practice across our services.

Essex Cricket will ensure that all existing and potential employees receive equal consideration and is committed to the elimination of unlawful or unfair discrimination on the grounds of age, gender, gender reassignment, marital or civil partner status, disability, race, colour, ethnic or national origin, religion/belief or sexual orientation.

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.

To apply please complete the Essex Cricket application form supplied and return to vacancies@essexcricket.org.uk.

Closing date for applications is Sunday 08 December 2024.

All applications will be reviewed once received and interviews will be held on a rolling basis for any candidates with the relevant qualifications, experience and right to work.

Essex Cricket reserve the right to close the application process prior to the advertised closing date should a suitable candidate be identified.

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