

JOB TITLE

Job Title:	Pathway Strength and Conditioning Coach
Reporting to:	Head of Athletic Development
Expected Salary:	£27,500 – £30,000 per annum
Contract:	Full time
Hour of Work:	Base of 37.5 hrs p.w. including unsociable hours, evenings & weekends
Deadline to apply:	Monday 7 July 2025

Location: The Ambassador Cruise Line Ground, New Writtle Street, Chelmsford, Essex CM2 0PG

Person Specification

Knowledge and Experience

- Minimum 2:1 (or equivalent) undergraduate degree in sport science or related discipline.
- UKSCA accreditation or ability to obtain within 12 months.
- Previous experience of working within a professional multidisciplinary team.

Essential Attributes

- Excellent knowledge and coaching skills in areas of weightlifting, speed, plyometrics, agility and energy system development.
- Exceptional interpersonal and communication skills, especially with other members of the coaching team and athletes.
- Full driving licence and access to vehicle (regular travel across Essex will be required throughout the year and across the UK during the competitive season)
- Excellent IT Skills.
- Able to work evenings, weekends and bank holidays.

Desirable Attributes

- A postgraduate degree in sports science or related discipline.
- ISAK level 1 accreditation

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Main Duties:

- To deliver individualised and effective strength and conditioning programmes to all members of the age group pathway, EPP and Academy programmes.
- To lead and assist in frequent testing and monitoring for all members of the age group pathway, EPP and Academy programmes with individual feedback and goal setting.
- To maintain comprehensive workload monitoring across the age group pathway, EPP and Academy programmes.
- To assist with the delivery of strength and conditioning support across the professional squads.
- To attend chosen fixtures of both age group, Academy and professional squads during the competitive season as required.
- To contribute to ongoing internal CPD and multidisciplinary meetings with all members of the Sports Science and Medicine Team.

Purpose of the Role

To lead the physical preparation and development of pathway and academy players. To work closely with the pathway physio in delivery and data collection through performance testing of the Academy, EPP and Age Groups. And where appropriate, to support the lead S&C with session delivery and monitoring of the professional squads.

As a Pathway strength and Conditioning Coach, you will be a key member of our successful Sports Science and Medicine team and will ensure that developing Essex players receive outstanding physical development support in keeping with our Long-Term Athlete Development Model (LTAD) model and philosophy to minimise injury risk and give them the best opportunity to perform at all levels from age group to professional and beyond. You will also assist with the delivery of strength and conditioning support across the professional squads.

Our Mission

TO BE THE NUMBER 1 CRICKET REGION, built on a platform of On Field Success, Off Field Growth and Home-Grown Inspiration.

Our FOCUS FOR SUCCESS is to

EXCITE – every individual to be excited by Cricket

ENGAGE – all partners and stakeholders to the opportunities around Cricket

ENHANCE – the development and improvement of Cricket in the East Region

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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 7 July 2025

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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