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## HEAD OF PHYSICAL PERFORMANCE

### PURPOSE OF THE JOB

Optimise the physical performance of players within the Northamptonshire County Cricket Club Professional Staff and to oversee the physical development program within the Northamptonshire County Cricket Club Academy, Elite Player Pathway and National County Partners in collaboration with the Head of Athletic Development.

Contribute to the wider development of physical preparation for all players within the Northamptonshire County Cricket Club 1<sup>st</sup> Team Squad through to emerging players at the National County Partners.

### KEY RESPONSIBILITIES

To lead and deliver the strength and conditioning provision to all players within the clubs professional playing squad throughout the year, incorporating various stages of the season (e.g. pre and in season).

To lead and co-ordinate the delivery of other physical performance services (e.g. sports science, nutrition, sleep, lifestyle, recovery, travel, hygiene) to all players within the clubs professional playing squad throughout the year.

To oversee and lead the physical performance department, including the development of junior staff members.

Provide specialist S&C input as required to support injury risk reduction, injury management, rehab and return to performance and competition based on scientific evidence based research.

Using researched based scientific principles, aid in the development and delivery of a physical literacy pathway in conjunction with the Head of Athletic Development from 1<sup>st</sup> Team players through to NCP players.

To provide 1<sup>st</sup> XI cover throughout the cricket season at both matches and training.

Undertake physical performance testing in collaboration with the wider S&C and medical team at various stages of the season along with integrated individual monitoring to ensure the efficacy of the training programs.

Attend and contribute towards department meetings. Contribute to

the annual Sport Science and Medicine Audit.

### NATURE & SCOPE OF JOB

### KNOWLEDGE AND EXPERIENCE

#### A) ESSENTIAL

- Post Graduate Qualification in the field of Sport Science or Strength & Conditioning
- UKSCA Accreditation
- Basic life support qualification
- Recent and relevant experience within elite sport
- Confident in the delivery and planning of high-quality S&C programs





- Experience of using GPS and knowledge of readiness to train protocols and workload management
- Excellent communication and organisational skills
- Eligible to work in the UK with a Full UK Driving Licence
- Experience in planning and delivering progressive rehabilitation programs for injured athletes
- Excellent IT Skills

## **B) DESIRABLE**

- ISAK Level 1 Accreditation
- Advanced life support qualification
- Cricket specific knowledge including the unique physical demands of the sport

## **SAFEGUARDING STATEMENT**

Northamptonshire County Cricket Club is committed to safeguarding and protecting the children and young people 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.

## **THE ROLE**

Job Type: Full Time, Permanent

Remuneration: Circa £40,000 per annum dependent on experience Closing

Date: Friday 22<sup>nd</sup> September 2023 @ 5pm

Interview Date: Week Commencing Monday 2<sup>nd</sup> October 2023 Proposed

Start Date: approx. 6<sup>th</sup> November 2023

**To apply please send your CV and 1 Page Cover Letter to:  
anne-marie.barber@nccc.co.uk**

*NCCC is committed to being an equal opportunity employer. All qualified applicants will receive consideration without regard to race, colour, sexual orientation, gender identity, disability, national origin, religion, sex, and or other legally protected status.*

