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## STRENGTH AND CONDITIONING COACH

### PURPOSE OF THE JOB

Northamptonshire County Cricket Club have an exciting opportunity for a Strength & Conditioning Coach to join the Club's Science and Medicine team.

Reporting to the clubs Head of Performance and Head of Athletic Development, this role will assist in optimising the physical performance of players within the Northamptonshire County Cricket Club Pro Staff, Academy, Elite Player Pathway and National County Partners.

### 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.

### KEY RESPONSIBILITIES

- To assist in the delivery of Strength and Conditioning sessions to the clubs 1st team playing squad throughout the winter months (November – March).
- Deliver Strength and Conditioning provision to players involved with the clubs key National County Partners and provide delivery to these squads throughout the winter months as directed by the clubs Head of Athletic Development.
- To provide academy and age group cover throughout the season (April – September) at both matches and training.
- 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.
- Assist the 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 S&C department meetings.
- Contribute to the annual Sport Science and Medicine Audit.

### NATURE AND SCOPE OF THE JOB

The aim of the Northamptonshire CCC Science and Medicine department is to optimise NCCC's players availability and performance through the provision of crickets best science and medicine services.

You will be expected to make a significant contribution towards the achievement of the following strategic objectives:





- Minimise the impact of injury and illness on availability and performance of all players within the clubs youth development system.
- Ensure all players achieve and maintain optimal age specific and age related level of physical conditioning to play first class, second class and academy age group cricket.
- Ensure that your delivery is underpinned by strong evidence based research leading to quality implementation of strategies to inform coaching plans and team performance.

## WORKING RELATIONSHIPS

• Head of Performance • NCCC 1st Team Coaches • Head of Athletic Development • Academy Director • County Partner Lead Coaches • NCCC Age Group Coaches • NCCC Physiotherapists • Northampton Academy & Pathway Players • NCCC County Partner Players • Northampton Cricket Board (County Age Group)

## KNOWLEDGE AND EXPERIENCE

### ESSENTIAL

- Degree in the field of Sport Science or Strength & Conditioning
- UKSCA Accreditation or willingness to be mentored towards this by accredited coaches
- Basic life support qualification
- Recent and relevant experience within elite sport
- Confident in the delivery of high quality S&C programs, including knowledge of LTAD
- Excellent communication, organisational and IT skills
- Eligible to work in the UK with a Full UK Driving Licence
- Experience in delivering progressive rehabilitation programs for injured athletes
- Experience of working with youth athletes
- Flexibility due to nature of elite sport

### DESIRABLE

- Post Graduate qualification in Sport Science or S&C, or working towards
- ISAK Level 1 Accreditation
- Experience of using GPS and knowledge of readiness to train protocols and workload management will be an advantage
- Cricket specific knowledge including the unique physical demands of the sport

## THE ROLE

Job Type: Full Time, Permanent

Remuneration: Circa £24,000 per annum dependent on experience

Closing Date: 5<sup>th</sup> January 2024

Interview Date: Friday 12<sup>th</sup> January 2024

**To apply please send your CV and 1 Page Cover Letter to:**

[HR@nccc.co.uk](mailto:HR@nccc.co.uk)

Northamptonshire County Cricket Club

The County Ground, Abington Avenue, Northampton NN1 4PR | 01604 514455 | [info@nccc.co.uk](mailto:info@nccc.co.uk)





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*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.*

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## 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





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## THE ROLE

Job Type: Full Time, Permanent

Remuneration: up to ??? per annum dependant 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](mailto:anne-marie.barber@nccc.co.uk)**

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