



**Job Title:** Western Storm & Welsh Fire (Women) Strength & Conditioning Coach  
**Reports to:** Regional Director of Women's Cricket  
**Location:** Bristol, with regional travel.  
**Salary:** Up to £24,000 (plus additional Welsh Fire remuneration)  
**Benefits:** 23 days holiday, pension, laptop  
**Term:** Full Time, Fixed contract until 31st January 2022.

## Overview

Following on from four successful years in the Kia Super League, Western Storm has proudly become a household name across the South West. Six counties (Cornwall, Devon, Gloucestershire, Glamorgan, Somerset and Wiltshire) in the South West and Wales have joined forces to lead the way in collaborative working for the greater benefit of performance cricket across our vast region. With Western Storm's existing legacy and the ECB's new wider game strategy to *Transform Women's and Girls Cricket*, this key appointment represents a substantial and exciting opportunity to play your part in driving both Western Storm and Welsh Fire forward.

The successful candidate will lead the strength & conditioning provision for Western Storm, Welsh Fire Women & the Western Storm Academy programme in what is a highly exciting chapter for the Women's game. It is expected that the successful candidate will be seconded to Welsh Fire for the duration of The Hundred competition and a separate remuneration package exists for this.

## Purpose of the Job:

Reporting to the Regional Director of Women's Cricket, the successful candidate will be a key member of the Science & Medicine team, leading the planning and implementation of strength and conditioning services across both the Western Storm Senior and Academy squad, as well as fulfilling the role of S&C coach for the Welsh Fire Women's team in The Hundred. They will shape and implement their delivery to ensure both performance impact to Western Storm & Welsh Fire and the long-term athletic development of Western Storm Academy players.

The successful candidate will work within a wider Science & Medicine team including the sports doctor and physiotherapist, to prepare the Senior and Academy squads for domestic women's 50-over and T20 competitions. The successful candidate will also work closely with the Science & Medicine team at Gloucestershire County Cricket Club, where Western Storm are predominantly based.

## 1. Principle Responsibilities:

- Lead the delivery of all areas of physical preparation for Welsh Fire & Western Storm Senior and Academy players. Including programme design and delivery, nutrition and any other day to day tasks as directed by the Head Coach.
- Collect, analyse, interpret and share workload data as appropriate with players and coaches.
- Complete regular player profiling in line with ECB protocols to inform programme design and subsequently share with relevant parties.



- Work collaboratively with the physiotherapist to deliver injury prevention and rehabilitation programmes.
- Work with coaches and support staff to deliver an interdisciplinary approach to performance development.
- Provide player education sessions in order to support athletic development and contribute to the long-term success of Western Storm and the wider pathway.
- Liaise with the ECB's S&C Coach regarding support and management for England Women's Pathway players at Western Storm & Welsh Fire.
- Within the rules of professional confidentiality liaise with athletes, parents, coaches and other support staff as appropriate.
- Undertake appropriate professional development to keep abreast of world's best practice and current evidence-based research.
- Liaise with the relevant regional hosts and international cricket boards regarding players from outside of the Western Storm region who will be part of Welsh Fire.

*Note: The Job Description summarises the major role and responsibilities of the job. It is not intended to exclude the job holder being asked to undertake any other activities as required from time to time by the Regional Director of Women's Cricket or Regional Head Coach, nor future changes to the job holder's responsibilities. The precise duties and responsibilities of any job may be expected to change over time. Job holders will be consulted over any proposed changes to this job description before implementation.*

## **2. Nature and Scope of Job:**

### **A. Job Context:**

The successful candidate will deliver comprehensive physical preparation programmes, based on sound strength and conditioning principles to both developing and senior athletes. Ideally, the candidate will have experience working in a team environment with elite/high performance teams. Previous experience working in cricket is not essential.

The role does require extended hours and can include weekends and bank holidays. There may be requirement to attend overseas tours during the off-season and travel within the region will be required.

### **B. Working Relationships:**

- Regional Director of Women's Cricket
- Western Storm Head Coach
- Western Storm Physiotherapist
- Western Storm Senior Regional Talent Manager
- Western Storm Sports Doctor
- The Hundred – Medical Staff (all teams)
- Welsh Fire Head Coach and support staff



- ECB Head of Sport Science and Medicine – Women’s Cricket
- ECB Strength & Conditioning Coach

### 3. Skills, Knowledge and Experience:

#### Essential

- Sports Science/S&C degree minimum 2:1.
- UKSCA Accreditation (or ability to achieve within 6 months).
- 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.
- Experience working with athletes (2 years minimum).
- Full Driving License.

#### Desirable

- A postgraduate qualification in sports science or strength and conditioning.
- ISAK Level 1 Accreditation.
- Experience working in cricket.

### 4. Personal Attributes:

- Ability to motivate, support and influence individuals and organisations.
- Excellent communication and inter-personal skills, both written and verbal.
- A positive attitude with initiative, focus and drive.
- Patience with an orderly approach to problem solving.
- Ability to work independently and effectively under pressure.
- Ability to work within a team and contribute to the overall success of the team.
- Ability to interact effectively with all departments and personnel at the Regional Host.
- Passionate to be part of the development of women’s cricket.

Western Storm 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.

Due to the nature of this role and the substantial 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 evenings and weekends in line with fixtures and coaching requirements.

#### To Apply:

Your application should include a covering letter (specific to the job description and no longer than one A4 page) and CV outlining why you should be considered for the role.

Please send applications to: [recruitment@westernstorm.co.uk](mailto:recruitment@westernstorm.co.uk)

The closing date for applications is **Wednesday 4th November 2020 (5pm)** with interviews to be held the **week commencing Monday 9th November**.

