



Job Title:	Lead Strength and Conditioning Coach
Department:	Sports Science and Medicine (SS&M)
Reports to:	Medical Services Lead / Lead Physiotherapist
Responsible for:	Strength and Conditioning Coach
Location:	The Seat Unique Ground, Bristol (regional travel required)
Contract:	Fixed until 31 st Jan 2025.
Hours:	Full time/min 40 hours per week
Main Purpose of Job:	
<p>To deliver high-quality strength and conditioning programmes to the Western Storm squad. The role will also oversee and shape the direction of the strength and conditioning provision throughout all Western Storm programmes, working closely with the Strength and Conditioning Coach to maximise the physical capabilities of our academy and pathway athletes as they develop towards becoming professional cricketers.</p>	
Main Responsibilities:	
<ul style="list-style-type: none"> • Plan, programme and deliver a strength and conditioning service which is bespoke to the cricketing calendar and strategically works to maximise physical performance of the individual and their role, utilising clear individual objective goals. • Ensure ongoing communication with Medical Services Lead / Lead Physiotherapist and coaching staff regarding players' programmes, progress and individual needs. • Work collaboratively with Lead Physiotherapist to create injury management and return to performance programmes for senior cricketers and have input into return to play decision making. • Undertake training and match day support to senior squad as required including individual preparation, group warm up and nutritional and hydration support. • Work with the medical team as part of the emergency care team on match and training days. • Collaborate with the wider SS&M team to undertake biannual performance screening to shape individual programme design and ensure all performance data is processed as per ECB standards. • Engage and participate with in-house CPD and maintain personal CPD in keeping with professional standards to stay abreast with current best practice to drive the overall service delivery of strength and conditioning throughout the Club. • Work with Head of Sports Science and Medicine to manage strength and conditioning budget streams as part of the overall SS&M budget. • Ensure the gym equipment is in good working order and safe while ensuring equipment is monitored and restocked as required. • Work with supplementation companies and providers to ensure that appropriate supplementation is provided for senior and academy athletes, that meet the needs of the performance environment and UKAD specification. • To work collaboratively with ECB staff to co-manage international pathway players. • To ensure the Club's equity, diversity and inclusion policy and standards are always upheld and always abide by the Club's code of conduct. • To ensure the Club's safeguarding policies and procedures are adhered to at all times including adherence to the staff code of conduct and consistently advocating the Job description safeguarding of children, young people and vulnerable adults at all times. 	



Appropriate consideration must be given to safeguarding in all activities and decisions which are undertaken.

Knowledge, skills and experience required:

Essential

- UKSCA Accreditation (or equivalent)
- Demonstrable experience in designing and delivering high performance strength and conditioning programmes in the professional sporting environment
- Ability to influence and educate stakeholders in a positive manner and build strong relationships
- Experience of line managing staff
- Appropriate professional indemnity insurance
- Satisfactory DBS certificate
- Minimum of Safeguarding Young Cricketers certificate and knowledge, awareness and experience of safeguarding principles
- Full UK Driving License

Key attributes:

- Places high importance on safeguarding children, young people and adults at risk at all times
- Motivated and hard-working, recognising the need to 'muck in' to the team.
- High professional standards, with a drive for excellence in all they do.
- Approachable and empathetic
- Ability to work collaboratively with others
- Ability to positively influence a variety of stakeholders
- Highly organised and diligent
- Flexible and adaptable in relation to job requirements and working hours
- Effective communication skills, both in person and remotely.
- Work under pressure and strong decision-making capabilities

Key contacts in the business:

Internal: SS&M team, coaching staff, players

External: ECB, Hundred Franchises, First Class Counties, Schools, Other Regional Teams

Prepared by:

Name: Lisa Pagett / Jaie Goddard

Date: 17 October 2022