



## Job Description

### ACADEMY STRENGTH AND CONDITIONING COACH

#### About Leicestershire County Cricket Club

Leicestershire County Cricket Club (LCCC) is one of eighteen first-class county clubs within the domestic cricket structure of England and Wales. It represents the historic county of Leicestershire as well as being representative of the county of Rutland. The Club's limited overs team is called the Leicestershire Foxes.

One of the Club's aims is to make its county ground the "premium Leicestershire outdoor venue" for concerts and first-class events, with the delivery of an ambitious events programme once the pandemic is behind us. It also wants to improve the way it manages staff, create a diversity action plan, and host regular members' forums. LCCC has a strong membership heritage and we are ambitious in our plans to increase our supporter base significantly over the next five years. This is a great but challenging time to join the Running Foxes.

Ensuring the players achieve their full potential is critical if LCCC is to achieve its aspirational vision. To assist with this, LCCC is seeking to appoint an exceptional individual to support the creation of a high-performance coaching structure at the club.

**Job Role:** Academy Strength and Conditioning Coach

**Reports to:** Head of Strength and Conditioning

**Job Profile:** The Assistant S&C Coach is responsible for the programming and delivery of physical preparation as well as providing Sports Science support to the club's Academy as well as overseeing and providing guidance to age group squads within LCCC's player pathway. The successful candidate will be highly motivated to succeed in the industry of Strength and Conditioning. They will be an important member of the Sport Science and Medicine Department, striving to help improve the quality of physical preparation the Club delivers.

**Weekly hours:** Full-time with some unsocial hours including evenings, weekends and Bank Holidays

**Location:** Uptonsteel County Ground, Grace Road, Leicester, LE2 8AD

**Salary:** c£18k

### Principal Duties and Responsibilities:

1. To ensure that the provision of S&C within the academy and age group pathway is delivered in line with the key values of LCCC in order to enhance the education of players into the culture and behaviours of those involved with LCCC.
2. To lead, plan and deliver S&C as part of an interdisciplinary support team, providing individualised programmes for each member of the Club's Academy and age group programme.
3. To design, facilitate and deliver physical development sessions for the Academy, EPP and age group squads in LCCC's player pathway, based on an outlined athletic development plan in accordance with the direction of the Head of S&C.
4. To plan and lead regular pre-season and in-season testing, in keeping with the physical benchmarks for Academy cricketers, as identified by the Head of S&C.
5. Lead warm up and pre-game preparation, and implement LCCC recovery strategies for home Second XI games where appropriate and as directed and agreed with the Head of S&C.
6. Maintain a comprehensive database of work for each Academy player in order to formally monitor and review individual workloads using a variety of different monitoring methods.
7. Develop in accordance with the Head of S&C and LCCC physiotherapy team, appropriate injury reduction strategies for the academy based on individual athletic and medical profiles.
8. Alongside the physiotherapy team, to be available and willing to contribute to the management, conditioning and rehabilitation of any injured player at any time.
9. To contribute towards the annual S&C and medical team objectives, as agreed and identified by the annual Academy ECB Cricket Audit.
10. To assist in First XI gym and field-based sessions as well as provide cover for any first team duties where needed and appropriate, as directed by the Head Coach, Head of Sports Science and Medicine or the Head of S&C.
11. To undertake appropriate continued professional development to keep in touch with world's best practice as well as taking an active role in LCCC's CPD seminars/programme.
12. To be responsible for maintaining the training facilities at LCCC, ensuring equipment and facilities are kept in good working order and in a state expected of a high performance environment.
13. To represent LCCC appropriately & projecting the right image at all times and to be available to assist the promotion and marketing of LCCC as requested.
14. Carry out other duties appropriate to the position of Assistant S&C Coach as required.

## Working Relationships

- Science & Medicine Team
- ECB Medical Department
- Chief Executive Officer
- Head Coach
- Assistant Coach
- Second XI Coach
- First XI Captains
- Second XI Captains
- Academy Manager
- Academy Administrator
- Academy Coaches
- Leicestershire CCC Community Team
- Cricket Operations Manager

## PERSON SPECIFICATION

### Qualifications:

#### Essential

- UKSCA full accreditation or ability to gain within six months
- Undergraduate qualifications in Sports Science and/or S&C
- Experience in the provision of strength and conditioning services to athletes and coaches which should include work with high performance teams or squads.
- Excellent interpersonal and communications skills (including presentation skills)
- Basic life support training within the past two years
- The ability to achieve the ECB accredited advance life support training
- Computer literacy, including MS Office, Excel and Performance Analysis software
- Current professional indemnity insurance cover
- Full Driving Licence

#### Desirable

- A postgraduate qualification in S&C and/or Sports Physiology/Science
- Experience in the design, implementation and monitoring of strength and conditioning programmes for elite athletes
- ECB accredited Advance Life Support training
- Research and development experience in strength and conditioning, and injury prevention and rehabilitation.
- Massage qualification
- ISAK Accreditation: Level 1

### Personal Attributes, Aptitudes and Abilities:

- A very good understanding of the ECB pathway and coaching guidelines relevant to the coaching and development role.
- A good understanding of athlete development initiatives and the implications they have on coaching.
- Ability to evaluate, review, revise and implement new coaching ideas and methods of working.
- Ability to motivate, persuade, support and influence individuals and organisations.
- A commitment to equal opportunities and working towards equality standards.
- Flexibility to work evenings and weekends.
- 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.
- A customer-orientated approach to all facets of the work and LCCC's operations.
- Ability to multitask between multiple threads of diverse aspects of work.
- Ability to work effectively under pressure with minimum supervision.
- Ability to work alone and for the overall benefit of LCCC.
- Ability to work within a team and to contribute to the overall success of the team and the Club as a whole.
- Ability to interact effectively with all areas of LCCC.
- Ability to contribute positively at all times to a pleasant and friendly atmosphere throughout LCCC.
- Commitment to work to LCCC's standards and within formalised rules, regulations, policies and procedures.

### EQUAL OPPORTUNITIES IN EMPLOYMENT POLICY STATEMENT

Leicestershire County Cricket Club 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 gender, race, disability, colour, ethnic and national origin, nationality, sexuality, marital status, responsibility for dependents, religion, trade union activity and age.

It is the intention of Leicestershire County Cricket Club that its work force, at all levels, should reflect the composition of the city's population. To achieve this Leicestershire County Cricket Club will take active and positive steps to eliminate discrimination and to promote equality in employment.

### NEXT STEPS

If you have the necessary skills and characteristics to meet the challenge, then please email your CV with a covering letter to Jacqui Dean, Administration and Governance Manager at [jacquidean@leicestershireccc.co.uk](mailto:jacquidean@leicestershireccc.co.uk)

Please note that only shortlisted applicants will be notified and invited to interview.

Closing Date for applications: 5.00pm on Friday 3<sup>rd</sup> September 2021.

Interviews: To take place week commencing 27<sup>th</sup> September 2021.