

Yorkshire CCC – Job Description

Job Title: Assistant Strength and Conditioning Coach	Date: December 2021
Line Manager: Head of Strength and Conditioning	Status: Permanent; Full Time

Job Purpose:

- To provide strength and conditioning support to all Yorkshire Cricket teams in order to maximise physical preparation and minimise injuries

Key Accountabilities:

- Support and liaise with the Head of Strength and Conditioning and Yorkshire's Sports Science & Medicine Team in the delivery of strength and conditioning programmes to all professionally contracted players.
- Take the lead on strength and conditioning for 2nd XI and Academy squads
- Plan and lead regular pre-season and in-season testing and monitoring for all players within the Yorkshire Cricket Pathway and offer feedback and set goals specific to each player.
- Provide warm up and cool down sessions, as well as implement recovery protocols for players on match, training and practice days in keeping with Yorkshire's strategy for injury prevention.
- Maintain a comprehensive database of work conducted with each individual athlete, fully
- Provide detailed monitoring and reporting to contribute to the development of our sports science
- Attend selected fixtures of senior and age group squads during the summer offering high quality support to players and coaching staff.
- Attend and contribute to regular multidisciplinary management meetings with the Head of Science and Medicine, Head of Strength and Conditioning, Club Physiotherapist, Club Doctor and Coaching Staff.

Key relationships:

- Science & Medicine Team
- ECB Medical Department
- Head Coach
- Assistant Coach
- Second XI Coach
- First XI Captains
- Second XI Captains
- Academy Manager
- Academy Administrator
- Academy Coaches



Person Specification

Essential

- UKSCA accreditation or desire to obtain within 12 months from the date of commencement of the role.
- Minimum 2:1 undergraduate degree in sport science related discipline.
- Minimum 1 year experience of working within professional team sport in a sport science related role (paid or internship).
- Excellent knowledge and delivery skills in the areas of: weightlifting and resistance training techniques, plyometrics, speed and agility development, and cardiovascular conditioning
- Experience in the design, implementation and monitoring of strength and conditioning programmes for elite athletes and ideally cricketers.
- Current professional indemnity insurance cover.
- Full Driving Licence and access to own vehicle.
- Computer literate in Microsoft office, word, excel.
- Willingness to work evenings, weekends and bank holidays.

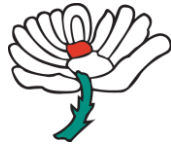
Desirable

- A postgraduate qualification specialising in a Sport Science related discipline.
- ISAK level 1 Accreditation (International Society of the Advancement of Kinanthropometry) or desire to achieve within 12 months.
- Massage qualification
- Experience of Global Positioning System (GPS) software within team sports

Note: The role does involve training, supervising, working with and/or being in sole charge of children and young people. The successful applicant will be required to complete a **Disclosure Barring Service (DBS) Check**. A disclosure is an impartial and confidential document that details an individual's criminal record and where appropriate gives details of those who are banned from working with children.

Personal Attributes, Aptitudes and Abilities

- Ability to motivate, persuade, support and influence individuals and organisations
- A commitment to equal opportunities and working towards equality standards
- Flexibility to work extended hours including Bank Holidays 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 the Club's operations.
- Ability to work independently and effectively under pressure
- Ability to work within a team and contribute to the overall success of the team and the Club
- Interact effectively with all departments and personnel at the Club
- Contribute positively at all times to a pleasant and friendly atmosphere throughout the Club
- Commitment to work to the Club standards and within formalised rules, regulations, policies and procedures



Location and Key Conditions

- Based at Headingley Stadium in Leeds, with regular travel with the squads within the UK and occasionally internationally
- The role does require extended hours and regular travel throughout the UK during the County season (April-September) which will include working on weekends and Bank holidays. There may be requirement to attend an overseas tour during the off-season (October-March)
- Salary and benefits: Dependent on experience, to include pension contribution and expenses