

Yorkshire CCC – Job Description

Job Title: Head of Strength and Conditioning	Date: December 2021
Line Manager: Head of Science and Medicine / Lead Men's Physiotherapist	Status: Permanent; Full Time

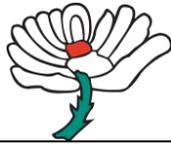
Job Purpose:

- To lead, co-ordinate and manage strength and conditioning of Yorkshire's men's and women's teams to best prepare players and maximise performance.
- To work with the Head of Science and Medicine to ensure that players are physically fit to perform at their maximum.

Key Accountabilities:

- Devise and deliver strength and conditioning programmes for the men's first, second team, Academy squad and the women's team
- Plan and deliver programmes throughout the year, including testing pre-season and during the season.
- Undertake appropriate professional development to keep abreast of world's best practice and current evidence-based research in cricket.
- Work with the Club's coaches, Managing Director of Cricket and Head of Sports and Science to monitor players workloads.

- Deliver S&C support to Yorkshire players throughout the year incorporating different phases of training, e.g. pre season and in season, with a specific focus on First XI.
- Provide the same service across all Yorkshire Teams by effective leadership and management of the Assistant Strength and Conditioning Coach
- Coordinate the delivery of other physical preparation services (e.g. nutrition, physiology, sleep, travel, hygiene) to the Yorkshire Teams.
- Work Closely with the Head of Science and Medicine/Lead Physiotherapist to design, develop and deliver support programmes for Yorkshire contracted and academy players.
- Work closely with the Head of Science and Medicine/Lead Physiotherapist to design and deliver a coherent physical preparation programme across the Yorkshire Cricket Pathways.
- Work closely with the Yorkshire County Cricket Club Coaching Staff to design and develop integrated support programmes for individual player performance targets.
- Provide specialist S&C input as required to support injury risk reduction, injury management, rehab and return to performance.
- Undertake tri-annual physical performance testing in collaboration with the Lead Physiotherapist along with integrated individual monitoring to ensure the efficacy of the training programmes
- Attend and contribute towards S&C department meetings including regular discipline specific and integrated player case meetings.



- Contribute to the annual Sport Science and Medicine Audit.
- Deliver individual programmes to academy and players of high potential within their local environment i.e. schools etc to ensure that best practice is being delivered away from head quarters.
- Foster strong partnerships with external organisations (e.g. EIS and professional sports) for the benefit of the Yorkshire team, S&C team and the wider Science and Medicine Department.

Key relationships:

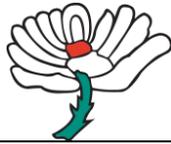
- Managing Director of Cricket
- Head of Science and Medicine
- Yorkshire S&C team
- ECB National Lead for Strength & Conditioning
- Head Coach and Yorkshire Coaches (Batting, Fast Bowling, Fielding & Wicket keeping)
- Yorkshire Players

Person Specification**Essential**

- Graduate qualification in Sports Science and/or Strength & Conditioning
- Current UKSCA accreditation or working towards in the next 6 months
- Evidence of experience working within professional or an elite sporting environment
- A track record of success in developing the physical qualities of elite and developmental athletes within a professional sporting environment
- Experience of working within a multi-disciplinary Science & Medicine Support Team
- Excellent support programming and coaching skills
- Strong computer skills, specifically with Excel and Performance analysis software
- Experience of coordinating integrated player support initiatives
- Current Basic Life Support training and First Aid qualifications
- Current Professional Indemnity Insurance cover
- Full Driving License
- Legal entitlement to work in the UK

Desirable

- Postgraduate degree in related field to S&C
- 2-3 years experience working within a professional or elite sport setting
- Experience of developing, monitoring and reviewing discipline specific strategic plans
- Research and development experience in cricket and/or S&C fields
- Ability to help out in other areas of team preparation or recovery



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