

STRENGTH AND CONDITIONING COACH

Permanent -Full Time

Department / Area: Science and Sports Medicine
Reports to: Head of Science and Sports Medicine
Location: Utilita Bowl & Hilton Southampton
Utilita Bowl, Botley Road, West End, Southampton,
SO30 3XH

The Role

The Strength and Conditioning Coach will design and deliver year-round Strength and Conditioning support to the Hampshire County Cricket Club Men's Academy and Pathway. This will involve managing the systems and practices that support athletic development, physical performance, injury rehabilitation, and injury prevention. The Strength and Conditioning Coach will also provide additional support to the senior men's professional programme during the season and intermittently throughout the year, as directed by the Head of Science and Medicine and Lead Strength and Conditioning Coach.

Key Responsibilities

- Lead the design and delivery of physical preparation plans to academy players in accordance with long term athletic development processes, facilitating the realisation of individual cricket performance goals.
- Assist the delivery of Strength and Conditioning provision to the senior men's professional programme during the season, collaborating with the Lead Strength and Conditioning coach to optimise support throughout busy periods of the year.
- Organise and conduct physical profiling for the Academy and Pathway three times per year.
- Assess, record and monitor the growth and maturation of academy and pathway players to facilitate best-practice player management within the Science and Medicine department and wider coaching group.
- In collaboration with physiotherapists and other academy coaching staff, develop robust internal and external monitoring systems which best inform player management in current and future academy cricketers at Hampshire Cricket.
- Continually seek to develop the Hampshire Cricket Long-Term Athlete Development Model, ensuring alignment to current evidence-driven best practice and clinical/practical reasoning.
- Work closely with the Head of Talent Pathway and specialist academy coaching staff to supplement player development plans. This requires the ability to thrive within a broad multi-disciplinary team.
- Where necessary, and as directed by the Head of Science and Medicine and Directors of Cricket, provide support across both the men's and women's programmes.
- Contribute to building positive relationships with wider stakeholders associated with effective academy player development, including the England & Wales Cricket Board, external clubs and counties, schools, universities, parents and coaches.
- Assist with the management of any part-time placement students or interns that contribute to the Hampshire Cricket Academy Programme, under direction from the Head of Science and Medicine and Lead Strength and Conditioning Coach.

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T 02380 472002 E recruitment@utilitabowl.com

Experience and Qualifications

Essential:

- Minimum 2:1 undergraduate degree in Sports Science or Strength and Conditioning
- Post-graduate degree in Sports Science or S&C
- UKSCA Accreditation (or ability to achieve within 6 months)
- At least 3 years' experience of working in elite level or pathway sport,
- Excellent interpersonal and communication skills
- Collaborative and 'can do' approach
- Strong work-ethic and a growth mindset
- Proficient with Microsoft suite including Outlook and Excel
- Understanding of the game of cricket and associated injuries/conditions
- Clean full UK driving licence

Desirable / Preferable:

- Previous experience of working in cricket.
- ISAK Level 1.
- Previous experience working with GPS systems.

Considerations

All applicants must provide evidence to demonstrate that they have the Right to Work in the UK.

Utilita Bowl is an equal opportunities employer. We are committed to employment practices and behaviours that encourage diversity, promote equality of treatment and eliminate unlawful and or unfair discrimination. If you would like to request any accommodations from application through to interview, please email helen.holden@utilitabowl.com

We ensure that we have a range of policies and procedures in place which promote safeguarding and safer working practice across our organisation.

Hours Of Work

The role is predominantly based at Utilita Bowl, with travel to other venues for training or match days, as required. Working hours are varied and there is an expectation that the role holder can be present for some evenings, weekends and bank holidays to meet the needs of the cricket schedule. The demands of this schedule are seasonal and will therefore fluctuate throughout the year.

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