



Glamorgan County Cricket Club Men's Lead Strength and Conditioning Coach

- Job Title:** Glamorgan County Cricket Club Men's Lead Strength and Conditioning Coach
- Location:** Glamorgan County Cricket Club, Sophia Gardens, Cardiff, CF11 9XR. Requires regular domestic travel in summer, occasional international in winter.
- Salary:** Competitive
- Contract Type:** Permanent (full-time). Includes extended hours including weekends and bank holidays
- Closing Date:** 15th of October 2025
- Interview Date:** Week Commencing 20th
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Overview

Glamorgan County Cricket Club (GCCC) are seeking a highly motivated and enthusiastic Lead Strength and Conditioning (S&C) Coach to join our Science and Medicine Department. Reporting to the club Director of Cricket, the Men's Lead S&C Coach will work alongside the Lead Physiotherapist to prepare the senior squads for all domestic men's competitions. In addition, the Men's Lead S&C Coach will be required to work closely with the Assistant S&C coach in the content and delivery of the pathway programme.

The successful candidate will work within a wider S&M team including a sports doctor, physiotherapists, nutritionist and sports psychologist. Additionally, they shall liaise with the England Cricket Board (ECB) S&C coaches regarding support and management of centrally contracted England and Men players and those involved in any squads or programmes. Furthermore, they will deliver on comprehensive physical preparation programmes, based on sound S&C principles to both developing and senior athletes. Experience working within a team environment with elite or high-performance teams is essential. Previous experience working in cricket is not required.

This role comes during a growth period at GCCC, where we currently have a tier 1 women's academy and tier 2 senior women's team, which will become a professional tier 1 team in 2027. Furthermore, the Men's first XI has secured promotion to Division 1 of the County Championship. Cricket continues to expand at an incredible speed, where large investments now place us in an optimal position to push exceptional performance standards. Therefore, candidates who are inspired to facilitate and drive an industry defining environment, are encouraged to apply.

Main Duties

- Work collaboratively with the Lead Physiotherapist to design, develop and deliver S&C programmes for Glamorgan contracted players.
- Work collaboratively with Glamorgan's cricket coaching staff to design and develop integrated support programmes for individual player performance and physical targets.
- Provide specialist S&C input - with assistance from the lead physiotherapist - to support injury reduction, rehabilitation and return to performance. Aiming to keep seasonal prevalence of injury <10%.
- Support the management of fast bowlers in relation to performance and injury risk, alongside the lead physiotherapist. Through analysis of workloads, performance data and injury mitigation strategies through S&C exercise prescription.
- Deliver innovative and industry defining S&C management of senior, later-stage career athletes.
- Work with the pathway S&C coach to produce robust and physically primed young fast bowlers.
- Lead on physical performance testing and profiling of GCCC players and be accountable for uploading and storage of testing data to ECB platforms.
- Lead on player whereabouts for anti-doping through the World Anti-Doping Agency portal.
- In collaboration with the cricket coaching staff deliver appropriate physical preparation to the players on match and training days.
- Assist the Lead Physiotherapist with the annual ECB Science and Medicine Audit
- Attend and contribute to support staff meetings.
- Liaise with the ECB S&C team regarding support and management for England players at GCCC.

- Undertake appropriate professional development to keep informed of world's best practice and current evidence-based research.
- Participate in intra-department led CPD presentations.
- Strive to always achieve best practice, by working together to continually improve the department and service provision.
- To carry out any other duties that may be required by management and that are within the successful candidate's capabilities.

Key Working Relationships

- Lead Physiotherapist
- Pathway S&C
- Director of Cricket
- Men's Head Coach
- Men's Second XI Head Coach

Personal Specification

Personal Attributes

- Motivated and enthusiastic
- Hardworking and committed
- Flexible and adaptable
- Ability to work autonomously as well as within a team
- Excellent inter-personal skills
- Humility, honesty and integrity

Knowledge and Expertise

A- Essential

- UKSCA accreditation (or equivalent)
- Graduate qualification in Sports Science and/or S&C
- Experience of performance software including catapult, force plates and data storage software (AMS Teamwork's, Cricket Squad)
- A minimum of three years' experience, with at least two years spent in full-time professional elite athlete and performance environment.
- Experience in the support and preparation of developing elite athletes.
- Experience of working within a multi-disciplinary support team.
- Evidence of managing end stage return to play from injury of an elite athlete.
- Current basic life support training (or willing to complete).

- Computer literacy, including Microsoft Office, databases and performance analysis software (i.e. force plates)
- Full driving license.
- Right to work in the U.K.

B- Desirable

- Postgraduate degree in related subject.
- Experience of working in cricket.

Benefits

- Free on-site parking.
- 4 free tickets to every Glamorgan game.
- Pension, with employer contribution.
- Private healthcare.
- Working and living in Cardiff, with regular access to international sport and a flourishing city centre.
- Be involved in a thriving and developing Science and Medicine Department at Glamorgan CCC.

Glamorgan County Cricket Club is an equal opportunities employer. Therefore, would welcome expressions of interest for the role of Men's Lead S+C, from a fully diverse range of candidates, regardless of age, gender, ethnicity, pregnancy or maternity, sexual orientation, faith or disability. Glamorgan County Cricket Club is committed to safeguarding and protecting children, young people and vulnerable adults. To this end, all appointments are subject to a process of vetting with the need for up-to-date DBS checks and the seeking of relevant references. Applicants must have the Right to Work in the UK. Sponsorship for overseas candidates may be considered.

This job description is only a summary of the role as it currently exists and is not exhaustive or comprehensive. The responsibilities and accountabilities might differ from those outlined and other duties, as assigned, might be part of the job

To Apply

Please send your CV and a single sided A4 covering letter, explaining why you would be a suitable candidate for this role, to vacancies@glamorgancricket.co.uk.