



**Job Title: Women and Girl's Strength and Conditioning Coach**

**Location:** Sophia Gardens, Cardiff – due to the nature of the role the post holder will be required to travel to other venues.

**Hours:** 37.5 hours per work – due to the nature of the role the postholder will carry out their duties at such times/days which are most effective to perform the tasks required. This will include evenings, weekends and Bank Holidays and will require travel across Wales, Gloucestershire & Wiltshire.

**Contract Term:** Full Time (Fixed Term 2 years).

**Salary:** £24,00 - £28,00

**Role Summary:**

Women's cricket is undergoing significant change with the introduction of a new three-tier structure for professional cricket. Glamorgan will begin in Tier 2 in 2025 but have been awarded Tier 1 status beginning in 2027.

We are looking to recruit a full-time Strength and Conditioning coach to lead and deliver all aspects of the physical performance programme for players within the Glamorgan County Cricket Club Women's squad, Academy EPP and Pathway.

**Strategy**

- The Club's vision is to 'Make Wales Proud'
- The strategic objective for Women and Girls cricket is to 'Become the Number One Women's Team sport in Wales and to embed a '1 club, 2 teams' approach
- The current club values are 'Team, Respect and Hwyl'

**Key Responsibilities:**

- Lead and deliver the individualised Strength and Conditioning provision to all players within the Glamorgan Women's and Academy squads throughout the year, incorporating various stages of the season (e.g. pre and in season).
- Deliver a minimum of four weekly sessions to the academy and women's squads and manage the remote delivery of physical preparation of players who are remote.

- Oversee the planning and delivery of strength & conditioning provision to the Glamorgan Girls' EPP and wider Pathway.
- Undertake physical performance testing in collaboration with the wider Science and Medicine team 3 times per year along with integrated individual monitoring to ensure the efficacy of the training programs.
- Collaborate with Men's Academy S&C to assist intern students' learning objectives.
- Co-ordinate the delivery of other physical preparation services (e.g. nutrition, sleep, lifestyle, recovery, travel, hygiene) throughout the GCCC youth development system.
- Using researched based scientific principles, aid in the development and delivery of a physical literacy pathway in conjunction with the Lead Strength and Conditioning Coach.
- Provide match-day cover throughout the cricket season.
- Work alongside GCCC Physiotherapists and the Lead Strength and Conditioning Coach to provide rehabilitation to injured players.
- Undertake regular professional development to keep abreast of world's best practice.
- Attend and contribute towards Science and Medicine department meetings.
- Contribute to the annual Sport Science and Medicine Audit.

### **Working Relationships**

- Head of Women and Girl's Cricket
- Women's Head Coach
- Women & Girls Academy Lead
- Women & Girls EPP Lead
- Lead Strength and Conditioning Coach
- GCCC Age Group Coaches
- GCCC Physiotherapists
- GCCC Women and Girl's Academy & Pathway Players

### **Knowledge and Experience**

#### **A) Essential**

- Degree in the field of Sport Science or Strength and Conditioning
- UKSCA accreditation (or ability to achieve within 6 months)
- Experience of working with developing athletes in professional sport organisations
- Evidence of high-quality S&C programming and coaching skills
- Practical knowledge of injury rehabilitation and prevention training
- Practical knowledge of nutrition and recovery to support performance and health
- Practical knowledge of monitoring and analysis systems
- Leadership skills and ability to influence individuals and key stakeholders
- Excellent communication and organisational skills
- Organised and punctual
- Eligible to work in the UK
- Full UK Driving Licence

#### **B) Desirable**

- Post Graduate qualification in Sport Science or S&C
- ISAK Level 1 Accreditation
- Experience of using GPS and knowledge of readiness to train protocols and workload management
- Advanced life support qualification
- Previous experience working within women's sport

- Knowledge of elite cricket performance and practice methods

Glamorgan County Cricket Club is an equal opportunities employer and would welcome expressions of interest for the role of Women and Girl's Academy Strength and Conditioning Coach 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 coaching 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 forward your CV with a one page covering letter outlining why you are suitable for this post to [vacancies@glamorgancricket.co.uk](mailto:vacancies@glamorgancricket.co.uk)

**Closing Date:** 24<sup>th</sup> November 2024