



## Lead Strength & Conditioning Coach – Men’s Cricket

### BACKGROUND

Cricket Ireland is the governing body for the game at both performance and participation levels throughout all-Ireland, representing the interests of both the Men’s and Women’s game. Cricket Ireland was awarded ICC Full Membership in 2017 and is regularly involved in World Cup and Qualifying events. Cricket was also adopted into the Olympic Games for 2028.

### JOB PURPOSE

Cricket Ireland is seeking a **full-time permanent Lead Strength and Conditioning Coach – Men’s Cricket**.

The position is based in North Dublin, but the nature of the role will work mainly from the Sport Ireland Institute in Abbottstown. It will at times demand a national brief across both sides of the border as well as time travelling overseas with the Men’s team.

The successful candidate must be eligible to work in the European Economic Area (EEA) and, if not currently in possession of one, will need to apply for an appropriate employment permit, which can take up to 5 months.

The successful candidate will coordinate and deliver high quality physical preparation services to the Ireland Men’s Performance squad as well as work around the Men’s pathway programmes, whilst working closely with other science and medicine national leads and disciplines.

### REPORTING and MANAGEMENT

The successful candidate will be line-managed by the Performance Services Manager.

### KEY OBJECTIVES

- 🌐 Minimise the impact of injury and illness and increase availability and performance.
- 🌐 Ensuring that players reach their optimal physical conditioning and maintain that level throughout the year.
- 🌐 Developing and maintaining key working relationship with science and medicine discipline partners to ensure an efficient approach to performance.

### KEY RESPONSIBILITIES

- 🌐 Lead the Strength and Conditioning strategic planning across the Men’s performance squad and Men’s Talent Pathway.
- 🌐 Deliver direct support to players whilst at home, on camps and during overseas tours.

- 🌐 Work closely with SSSM Team, Performance Services Manager, Head of Physiotherapy and Medical Services, and other Science and Medicine disciplines to deliver a high quality, interdisciplinary approach to performance improvement.
- 🌐 Work closely with all national coaches to deliver integrated support programmes.
- 🌐 Deliver programming as required to support injury risk management and deliver exercise-based rehabilitation and return to performance programmes in collaboration with the Men's Team Physiotherapist.
- 🌐 Attend and contribute to strategic planning meetings, SSSM discipline meetings and individual player case conference meetings.
- 🌐 Coordinate, conduct and document physical profiling for all Men's Performance squad and Men's Pathway on a regular basis. Ensure all physical profiling information and programming documents are uploaded on to CI's Athlete Management system.
- 🌐 Coordinate and implement the use of various technologies within the Men's Performance system, these include; GPS, strength diagnostics/jump profiling and heart rate monitoring.
- 🌐 Lead the monitoring of Ireland cricketers away at franchise competitions.
- 🌐 Support the Performance Services Manager in the coordination, implementation and delivery of various performance science interventions e.g jetlag/travel fatigue management, dealing with heat/humidity strategies and sleep hygiene measures.
- 🌐 Line management of any part time contractors and any future Men's programme S&C staff.
- 🌐 Other duties as required by your line-manager to ensure the professional S&C delivery to our national teams.

**This job description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of the organisation.**

## KNOWLEDGE AND EXPERIENCE

### ESSENTIAL

- 🌐 Degree (or equivalent) in sport science or related subject, specialising in physical preparation of athletes.
- 🌐 UKSCA accreditation or internationally recognised equivalent, or ability to obtain within six months.
- 🌐 Minimum of 5 years full time or part time equivalent experience working within high performance sport.
- 🌐 Experience of working within a multidisciplinary team in the delivery of strength and conditioning services to performance teams.
- 🌐 A track record of success in developing physical qualities of teams and athletes within performance sport.
- 🌐 Experience of managing and implementing various Sport Science support tools including GPS, HR monitoring, strength diagnostics tools and Athlete Management Systems.
- 🌐 Experience of travelling with teams on overseas tours or major competitions.
- 🌐 Strong programming and coaching skills.
- 🌐 Strong IT skills, including use of Microsoft excel.
- 🌐 Current basic life support training and first aid qualifications.

## DESIRABLE

- 🌍 Experience of working in S&C in Elite Cricket.
- 🌍 Higher degree specialising in the physical preparation of performance athletes.

*The selection panel reserves the right to consider Desirable Criteria during the short-listing process should candidates remain on an equal footing using simply Essential Criteria. Please note due to the expected volume of applicants, **only shortlisted candidates will be notified.***

## WORKING RELATIONSHIPS

- 🌍 Performance Services Manager
- 🌍 Head of Physiotherapy & Medical Services
- 🌍 High Performance Director
- 🌍 National Men's Head coach
- 🌍 Support staff: Team Operations Managers; Assistant Coaches; Performance Analysts; Physiotherapists
- 🌍 Men's Psychology consultant
- 🌍 Men's Performance Nutrition consultant
- 🌍 Provincial Head Coaches

## REMUNERATION

- 🌍 The package will include a competitive salary commensurate with qualifications and experience and include a laptop and mobile phone.

## PROCESS

- 🌍 The closing date for applications will be 5.00pm on 23<sup>rd</sup> May, 2024.
- 🌍 Covering letter and full CVs should be sent by email to [recruitment@cricketireland.ie](mailto:recruitment@cricketireland.ie), with the title Lead Strength and Conditioning Coach
- 🌍 For a confidential discussion about the role, please contact Brendan Connor on +44 (0)7775337813 or by email on [brendan.connor@cricketireland.ie](mailto:brendan.connor@cricketireland.ie)
- 🌍 Interviews will be held on Monday 27<sup>th</sup> May 2024.
- 🌍 Role to commence August 1<sup>st</sup> 2024.