
Position Description

Strength and Conditioning Coach

November 2020



**Canterbury Cricket Strength and Conditioning Coach****Position Details****Reports to:**

Lead Strength and Conditioning Coach – Canterbury Cricket

Location:

Canterbury Cricket Offices and HPSNZ Training Facility, Christchurch

Term of Role:

20-25 hrs/week from 1 January – 31 July 2021

About Canterbury Cricket

Canterbury Cricket's purpose is to be guardians of the game, amplify the contribution that cricket makes to the wider community, and grow and evolve the game. We achieve this purpose by providing vision, direction and guidance to cricket at all levels of the game throughout Canterbury.

Responsible for managing all Canterbury's professional cricket teams, including the Canterbury Men's, Canterbury Magicians and Canterbury Kings teams, Canterbury Cricket also partner with our District Associations to administer Canterbury's talent pathways, and partner with our District Associations in all grassroots cricket participation in the region. In fulfilling these duties, we do so with integrity, courage and an unwavering respect for the game and our stakeholders.

Purpose of the Position

The Canterbury Cricket Strength and Conditioning Coach role works with contracted and development level men and women players within the Canterbury Cricket High Performance Programme. The role will be responsible for supporting the Canterbury Men's and Women's Head Strength and Conditioning Coaches, in delivering the strength and conditioning strategy and programs within the Canterbury Cricket High Performance Programme. This includes the provision and monitoring of training plans that include individualised strength and conditioning programs to identified Canterbury Cricket Players of Interest. This position is primarily based at the Canterbury Cricket Training Facility (HPSNZ, Jellie Park, Christchurch).



Key Responsibilities

- Impact positively on athlete performance measured by perceptions of coach and players and the achievement of performance based goals as identified in the high performance planning process.
- Develop strength and conditioning programmes and/or lead training sessions for identified players of interest in the Canterbury Cricket High Performance program.
- Work with coaches to integrate strength and conditioning programmes into the players individual plans and season schedule
- Participate in Canterbury Cricket integrated support team meetings with coaches and other support staff, as required.
- Follow all reasonable health and safety rules and instructions, relative to HPSNZ and CCA policies and procedures, at all times taking reasonable care for your own and others health and safety.
- Work within professional code of ethics, conduct and standards and professional confidentiality, relevant for your profession.
- Communication effectively and maintain good working relationships with key coaches, support staff and players.
- Undertake any other reasonable duties for coaches as requested.

Work Experience and Qualifications

- Strong proven skills and comprehensive knowledge and experience in the field of strength and conditioning, preferably in Cricket,
- Proven leadership capability, and ability to build mutually-beneficial relationships with players & stakeholders.
- Proven success in designing and implementing a Strength and Conditioning programme for high performing groups of athletes and/or teams.
- Proven ability to successfully manage athletes through injury to return to play/compete.
- Experience in a high performance sporting environment – preferably cricket and/or team sports.
- A graduate qualification in a related area to strength and conditioning, with a qualification at a higher degree level desirable.

Personal Attributes

- An ability to achieve difficult results through hard work, perseverance and high energy
- Self-aware (seeks feedback, challenges own coaching ability, understands the impact their behaviour has on others)
- Builds and maintains trusting relationships (displays empathy, operates with integrity, supports others)
- Is adaptable and maintains effectiveness when experiencing major changes in structures, processes, requirements, environments or cultures
- Makes change happen (encourages boundaries to be broken, ensures performance improvements happen)
- Has a sense of humour and views players through a holistic lens
- Gets the best out of others by setting challenging expectations, ensuring player learning, customising communication, providing feedback / reinforcement and building confidence.
- Is cool under pressure